

# DECEMBER 2022 CHILD CARE SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022
937 WG APPLE CINNAMON BEAR GRAHAMS 133 STRAWBERRY BANANA YOGURT	989 WHOLE GRAIN HONEY GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	934 WG DINO BITES GRAHAMS 134 CHERRY VANILLA YOGURT	927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 748 100% GRAPE JUICE (4 OUNCE) 441 100% GRAPE JUICE (6 OUNCE)	930 WG CHEEZ-IT BAKED CRACKERS <i>or</i> 926 GARDEN SALSA SUNCHIPS 749 100% APPLE CHERRY JUICE (4 OUNCE) 450 100% APPLE CHERRY JUICE (6 OUNCE)
12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022
935 WG ALL SPORTS GRAHAMS 138 BLUEBERRY YOGURT	988 WG CINNAMON GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	936 WG VANILLA BEAR GRAHAMS 137 PEACH YOGURT	928 PEPPERIDGE FARM WG GOLDFISH PRETZELS 753 100% ORANGE JUICE (4 OUNCE) 442 100% ORANGE JUICE (6 OUNCE)	938 WG SAVORY BITES WHEAT CRACKERS <i>or</i> 942 MULTIGRAIN SUNCHIPS 750 100% APPLE JUICE (4 OUNCE) 440 100% APPLE JUICE (6 OUNCE)
12/19/2022	12/20/2022	12/21/2022	12/22/2022	12/23/2022
931 WHOLE GRAIN ANIMAL CRACKERS 136 VANILLA YOGURT	989 WHOLE GRAIN HONEY GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	937 WG APPLE CINNAMON BEAR GRAHAMS 133 STRAWBERRY BANANA YOGURT	927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 752 100% FRUIT JUICE BLEND (4 OUNCE) 444 100% FRUIT JUICE BLEND (6 OUNCE)	930 WG CHEEZ-IT BAKED CRACKERS <i>or</i> 939 HEARTZELS PRETZELS 749 100% APPLE CHERRY JUICE (4 OUNCE) 450 100% APPLE CHERRY JUICE (6 OUNCE)
12/26/2022	12/27/2022	12/28/2022	12/29/2022	12/30/2022
936 WG VANILLA BEAR GRAHAMS 137 PEACH YOGURT	988 WG CINNAMON GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	935 WG ALL SPORTS GRAHAMS 134 CHERRY VANILLA YOGURT	928 PEPPERIDGE FARM WG GOLDFISH PRETZELS 750 100% APPLE JUICE (4 OUNCE) 440 100% APPLE JUICE (6 OUNCE)	938 WG SAVORY BITES WHEAT CRACKERS <i>or</i> 924 HARVEST CHEDDAR SUNCHIPS 753 100% ORANGE JUICE (4 OUNCE) 442 100% ORANGE JUICE (6 OUNCE)

**MENU SUBJECT TO CHANGE**

**SERVE 4 OUNCE JUICE TO CHILDREN AGES 1 THROUGH 5. SERVE 6 OUNCE JUICE TO CHILDREN AGE 6 & OLDER.**

\*\*\*WHEN SERVING A GRAIN WITH YOGURT OR A SOY BUTTER CUP, YOU ARE ENCOURAGED TO SERVE WATER; NEITHER JUICE NOR MILK ARE PROVIDED FOR THESE SNACKS.\*\*\*

**Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.**

**WG = WHOLE GRAIN-RICH REMINDER: Water must be OFFERED every day!**

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