

OCTOBER 2023 CHILD CARE SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023
988 WG CINNAMON GRAHAM CRACKERS or 924 HARVEST CHEDDAR SUNCHIPS 137 PEACH YOGURT	927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH or 934 WG DINO BITES GRAHAMS 117 SOY BUTTER CUP or 100 WHITE MILK	987 WG STRAWBERRY GRAHAMS 138 BLUEBERRY YOGURT or 126 LAND O LAKES CO-JACK CHEESE STICK	937 WG APPLE CINNAMON BEAR GRAHAMS or 941 WG TOSTITOS SCOOPS 620 SALSA CUP or 753 100% ORANGE JUICE (4 OUNCE) 442 100% ORANGE JUICE (6 OUNCE)	989 WG HONEY GRAHAM CRACKERS or 942 MULTIGRAIN SUNCHIPS 750 100% APPLE JUICE (4 OUNCE) 440 100% APPLE JUICE (6 OUNCE)
10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023
930 WG CHEEZ-IT BAKED CRACKERS or 932 WG SCOOPY-DOO! CINNAMON GRAHAM CRACKERS 117 SOY BUTTER CUP or 100 WHITE MILK INDIGENOUS PEOPLES DAY	988 WG CINNAMON GRAHAM CRACKERS or 922 WG CINNAMON GRANOLA 136 VANILLA YOGURT	939 HEARTZELS PRETZELS 133 STRAWBERRY BANANA YOGURT or 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE	934 WG DINO BITES GRAHAMS 752 100% FRUIT JUICE BLEND (4 OUNCE) 444 100% FRUIT JUICE BLEND (6 OUNCE)	988 WG CINNAMON GRAHAM CRACKERS 748 100% GRAPE JUICE (4 OUNCE) 441 100% GRAPE JUICE (6 OUNCE)
10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023
935 WG ALL SPORTS GRAHAMS 133 STRAWBERRY BANANA YOGURT or 126 LAND O LAKES CO-JACK CHEESE STICK	931 WG BUG BITES GRAHAMS or 938 WG SAVORY BITES WHEAT CRACKERS 117 SOY BUTTER CUP or 100 WHITE MILK	936 WG VANILLA BEAR GRAHAMS 134 CHERRY VANILLA YOGURT	928 PEPPERIDGE FARM WG GOLDFISH PRETZELS or 926 GARDEN SALSA SUNCHIPS 749 100% APPLE CHERRY JUICE (4 OUNCE) 450 100% APPLE CHERRY JUICE (6 OUNCE)	937 WG APPLE CINNAMON BEAR GRAHAMS 753 100% ORANGE JUICE (4 OUNCE) 442 100% ORANGE JUICE (6 OUNCE)
10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023
989 WG HONEY GRAHAM CRACKERS or 924 HARVEST CHEDDAR SUNCHIPS 136 VANILLA YOGURT	927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 137 PEACH YOGURT or 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE	932 WG SCOOPY-DOO! CINNAMON GRAHAM CRACKERS 117 SOY BUTTER CUP or 100 WHITE MILK	937 WG APPLE CINNAMON BEAR GRAHAMS or 941 WG TOSTITOS SCOOPS 620 SALSA CUP or 750 100% APPLE JUICE (4 OUNCE) 440 100% APPLE JUICE (6 OUNCE)	933 WG TIGER BITES GRAHAMS or 934 WG DINO BITES GRAHAMS 752 100% FRUIT JUICE BLEND (4 OUNCE) 444 100% FRUIT JUICE BLEND (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!

Nutritional Development Services - Archdiocese of Philadelphia, 222 N. 17th Street, Philadelphia, PA 19103 Phone: 215-895-3470, option 2