

## ELC MENU: CHILDREN AND TEACHERS WILL CHOOSE SNACKS FROM THIS LIST

WEEK:	SNACK TIME:					
1	AM	Belvita Bar (cinnamon or Blueberry) Milk	Banana Milk	Whole Wheat Fig Bar Milk	Whole Wheat Toast w/ Cheese Milk	Corn Flakes Cereal Milk
	PM	Oatmeal Cookies Water	Pirate Booty Rice Puffs Water	Pretzel Thins Water	Cheez-It Crackers Water	Children Prepared Snack with Appropriate Foods
2	AM	Waffle Milk	Orange Slices Milk	Sausage Biscuit Milk	Grits Milk	Nutri-Grain Bar Milk
	PM	Goldfish Crackers Water	Jello w/ Fruit Water	Vanilla Wafers Water	Ritz Crackers w/ String Cheese Water	Children Prepared Snack with Appropriate Foods
3	AM	Cheerios Milk	Whole Wheat Toast w/ Cheese Milk	Oatmeal Milk	Whole Grain Pancake Milk	Yogurt w/Fruit Water
	PM	Whole Grain Graham Crackers Water	Rice Crispy Square Water	Wheat Thins Water	Chex Mix Water	Children Prepared Snack with Appropriate Foods
4	AM	Whole Grain Bagel w/ Cream Cheese Milk	Corn Chex Cereal Milk	Hashbrown Milk	Whole Grain French Toast Sticks Milk	Apple Slices Milk
	PM	Garden Veggie Straws Water	Jello Pudding Water	Ritz Crackers w/ String Cheese Water	Organic Animal Crackers Water	Children Prepared Snack with Appropriate Foods

- Children 12 to 24 months will be served whole milk, children 2 and older will be served 2% or skim milk.
- Fresh fruits will be served when possible (bananas, apples, pears, oranges, pineapple, strawberries, melons). If canned fruits are served, fruits will be in their own juice or light syrup and will be rinsed before serving.
- Fruit yogurt was chosen for low sugar content compared to competitors.