

# August 2010

## Cherished Children Snack Menu

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Everyday All Rooms*: AM—Juice PM—Milk	2 Early AM—Cheerios, Fruit, Milk AM—Cheese-itz PM—Ritz Crackers	3 Early AM—Rice Krispies, Fruit, Milk AM—Saltines w/ Cheese PM—Peaches	4 Early AM—Kix, Fruit, Milk AM—String Cheese PM—Blueberry Muffins	5 Early AM—Cheerios, Fruit, Milk AM—English Muffins w/ butter PM—Pretzels (soft under 3)	6 Early AM—Cornflakes, Fruit, Milk AM—Cereal Mix PM—Oatmeal Cookies	Weekly Fruit Schedule : Mon, Thurs—Applesauce Tues—Peaches Wed—Pears Fri—Mandarin Oranges	
*Except where noted	9 Early AM—Cheerios, Fruit, Milk AM—Nilla Wafers PM—Kix Cereal Mix	10 Early AM—Rice Krispies, Fruit, Milk AM—Cottage Cheese w/ Peaches PM—Sugar Cookies	11 Early AM—Kix, Fruit, Milk AM—Applesauce* PM—Graham Crackers*	12 Early AM—Cheerios, Fruit, Milk AM—Cornflakes w/ Kix PM—Banana Bread	13 Early AM—Cornflakes, Fruit, Milk AM—Wheat Crackers PM—Bananas	14	
15	16 Early AM—Cheerios, Fruit, Milk AM—Ritz w/ butter PM—Choc. Chip Cookies	17 Early AM—Rice Krispies, Fruit, Milk AM—Cereal Mix w/ raisins PM—String Cheese*	18 Early AM—Kix, Fruit, Milk AM—Fish Crackers PM—Pears	19 Early AM—Cheerios, Fruit, Milk AM—Saltines w/ butter PM—Buns with Jelly	20 Early AM—Cornflakes, Fruit, Milk AM—Graham Crackers w/ jelly PM—Cereal Mix	21	
22	23 Early AM—Cheerios, Fruit, Milk AM—Banana Bread PM—Vanilla Wafers	24 Early AM—Cheerios, Fruit, Milk AM—Fig Newtons PM—Applesauce	25 Early AM—Kix, Fruit, Milk AM—English Muffins w/ jelly PM—Pears	26 Early AM—Cheerios, Fruit, Milk AM—Mini Pancakes PM—Cereal Mix w/ raisins	27 Early AM—Cornflakes, Fruit, Milk AM—Cottage Cheese w/ pears PM—Wheat Crackers	28	
29	30 Early AM—Cheerios, Fruit, Milk AM—Cheese-itz PM—Ritz Crackers	31 Early AM—Rice Krispies, Fruit, Milk AM—Saltines w/ Cheese PM—Peaches					

**Milk Serving Size:**  
1-2 yrs—1/2 c (4 oz)  
3-5 yrs—3/4 c (6 oz)  
6-12 yrs—1 c (8 oz)