

September 2010

Cherished Children Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Everyday All Rooms*: AM—Juice PM—Milk *Except where noted	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	1 Early AM—Kix, Fruit, Milk AM—String Cheese PM—Blueberry Muffins	2 Early AM—Cheerios, Fruit, Milk AM—English Muffins w/ butter PM—Pretzels (soft under 3)	3 Early AM—Cornflakes, Fruit, Milk AM—Cereal Mix PM—Oatmeal Cookies	Weekly Fruit Schedule : Mon, Thurs—Applesauce Tues—Peaches Wed—Pears Fri—Mandarin Oranges 0
5	Labor Day No School!	7 Early AM—Rice Krispies, Fruit, Milk AM—Cottage Cheese w/ Peaches PM—Sugar Cookies	8 Early AM—Kix, Fruit, Milk AM—Applesauce* PM—Graham Crackers*	9 Early AM—Cheerios, Fruit, Milk AM—Cornflakes w/ Kix PM—Banana Bread	10 Early AM—Cornflakes, Fruit, Milk AM—Wheat Crackers PM—Bananas	11
12	13 Early AM—Cheerios, Fruit, Milk AM—Ritz w/ butter PM—Choc. Chip Cookies	14 Early AM—Rice Krispies, Fruit, Milk AM—Cereal Mix w/ raisins PM—String Cheese*	15 Early AM—Kix, Fruit, Milk AM—Fish Crackers PM—Pears	16 Early AM—Cheerios, Fruit, Milk AM—Saltines w/ butter PM—Buns with Jelly	17 Early AM—Cornflakes, Fruit, Milk AM—Graham Crackers w/ jelly PM—Cereal Mix	18
19	20 Early AM—Cheerios, Fruit, Milk AM—Banana Bread PM—Vanilla Wafers	21 Early AM—Cheerios, Fruit, Milk AM—Fig Newtons PM—Applesauce	22 Early AM—Kix, Fruit, Milk AM—English Muffins w/ jelly PM—Pears	23 Early AM—Cheerios, Fruit, Milk AM—Mini Pancakes PM—Cereal Mix w/ raisins	24 Early AM—Cornflakes, Fruit, Milk AM—Cottage Cheese w/ pears PM—Wheat Crackers	25
26	27 Early AM—Cheerios, Fruit, Milk AM—Cheese-itz PM—Ritz Crackers	28 Early AM—Rice Krispies, Fruit, Milk AM—Saltines w/ Cheese PM—Peaches	29 Early AM—Kix, Fruit, Milk AM—String Cheese PM—Blueberry Muffins	30 Early AM—Cheerios, Fruit, Milk AM—English Muffins w/ butter PM—Pretzels (soft under 3)		Milk Serving Size: 1-2 yrs—1/2 c (4 oz) 3-5 yrs—3/4 c (6 oz) 6-12 yrs—1c (8 oz)