

October 2010

Cherished Children Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Everyday All Rooms*: AM—Juice PM—Milk						
3	4 Early AM—Cheerios, Fruit, Milk AM—Cheese-itz PM—Ritz Crackers	5 Early AM—Rice Krispies, Fruit, Milk AM—Cottage Cheese w/ Peaches	6 Early AM—Kix, Fruit, Milk AM—Applesauce* PM—Graham Crackers*	7 Early AM—Cheerios, Fruit, Milk AM—Cornflakes w/ Kix PM—Banana Bread	8 Early AM—Cornflakes, Fruit, Milk AM—Wheat Crackers PM—Bananas	9 Weekly Fruit Schedule: Mon, Thurs—Applesauce Tues—Peaches Wed—Pears Fri—Mandarin Oranges
10	11 Early AM—Cheerios, Fruit, Milk AM—Ritz w/ butter PM—Choc. Chip Cookies	12 Early AM—Rice Krispies, Fruit, Milk AM—Cereal Mix w/ raisins PM—String Cheese*	13 Early AM—Kix, Fruit, Milk AM—Fish Crackers PM—Pears	14 Early AM—Cheerios, Fruit, Milk AM—Saltines w/ butter PM—Buns with Jelly	15 Early AM—Cornflakes, Fruit, Milk AM—Graham Crackers w/ jelly	16
17	18 Early AM—Cheerios, Fruit, Milk AM—Banana Bread PM—Vanilla Wafers	19 Early AM—Cheerios, Fruit, Milk AM—Fig Newtons PM—Applesauce	20 Early AM—Kix, Fruit, Milk AM—English Muffins w/ jelly	21 Early AM—Cheerios, Fruit, Milk AM—Mini Pancakes PM—Cereal Mix w/ raisins	22 Early AM—Cornflakes, Fruit, Milk AM—Cottage Cheese w/ pears	23
24	25 Early AM—Cheerios, Fruit, Milk AM—Cheese-itz PM—Ritz Crackers	26 Early AM—Rice Krispies, Fruit, Milk AM—Saltines w/ Cheese PM—Peaches	27 Early AM—Kix, Fruit, Milk AM—String Cheese PM—Blueberry Muffins	28 Early AM—Cheerios, Fruit, Milk AM—English Muffins w/ butter PM—Pretzels (soft under 3)	29 Early AM—Cornflakes, Fruit, Milk AM—Halloween Treats PM—Halloween Treats	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)
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