

November 2010

Cherished Children Snack Menu

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