

# January 2011

## Cherished Children Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Everyday All Rooms*: AM—Juice PM—Milk  *Except where noted	3 Early AM—Cheerios, Fruit, Milk AM—Ritz w/ butter  PM—Choc. Chip Cookies	4 Early AM—Rice Krispies, Fruit, Milk AM—Cereal Mix w/ raisins  PM—String Cheese*	5 Early AM—Kix, Fruit, Milk AM—Fish Crackers  PM—Pears	6 Early AM—Cheerios, Fruit, Milk AM—Saltines w/ butter  PM—Buns with Jelly	7 Early AM—Cornflakes, Fruit, Milk AM—Graham Crackers w/ jelly  PM—Cereal Mix	<b>Weekly Fruit Schedule :</b>  <b>Mon, Thurs—Applesauce</b> <b>Tues—Peaches</b> <b>Wed—Pears</b> <b>Fri—Mandarin Oranges</b>
9	10 Early AM—Cheerios, Fruit, Milk AM—Banana Bread  PM—Vanilla Wafers	11 Early AM—Cheerios, Fruit, Milk AM—Fig Newtons  PM—Applesauce	12 Early AM—Kix, Fruit, Milk AM—English Muffins w/ jelly  PM—Pears	13 Early AM—Cheerios, Fruit, Milk AM—Mini Pancakes  PM—Cereal Mix w/ raisins	14 Early AM—Cornflakes, Fruit, Milk AM—Cottage Cheese w/ pears  PM—Wheat Crackers	15
16	17 Early AM—Cheerios, Fruit, Milk AM—Cheese-itz  PM—Ritz Crackers	18 Early AM—Rice Krispies, Fruit, Milk AM—Saltines w/ Cheese  PM—Peaches	19 Early AM—Kix, Fruit, Milk AM—String Cheese  PM—Blueberry Muffins	20 Early AM—Cheerios, Fruit, Milk AM—English Muffins w/ butter PM—Pretzels (soft under 3)	21 Early AM—Cornflakes, Fruit, Milk  AM—Cereal Mix PM—Oatmeal Cookies	22
23	24 Early AM—Cheerios, Fruit, Milk AM—Cheese-itz  PM—Ritz Crackers	25 Early AM—Rice Krispies, Fruit, Milk AM—Cottage Cheese w/ Peaches  PM—Sugar Cookies	26 Early AM—Kix, Fruit, Milk AM—Applesauce*  PM—Graham Crackers*	27 Early AM—Cheerios, Fruit, Milk  AM—Cornflakes w/ Kix PM—Banana Bread	28 Early AM—Cornflakes, Fruit, Milk  AM—Wheat Crackers PM—Bananas	
30	31 Early AM—Cheerios, Fruit, Milk AM—Cheese-itz  PM—Ritz Crackers					<b>Milk Serving Size:</b> 1-2 yrs—1/2 c (4 oz) 3-5 yrs—3/4 c (6 oz) 6-12 yrs—1c (8 oz)