

March 2011

Cherished Children Snack Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Everyday All Rooms*: AM—Juice PM—Milk *Except where noted	28 Early AM—Cheerios, Fruit, Milk AM—Ritz w/ butter PM—Choc. Chip Cookies	1 Early AM—Rice Krispies, Fruit, Milk AM—Cereal Mix w/ raisins PM—String Cheese*	2 Early AM—Kix, Fruit, Milk AM—Fish Crackers PM—Pears	3 Early AM—Cheerios, Fruit, Milk AM—Saltines w/ butter PM—Buns with Jelly	4 Early AM—Cornflakes, Fruit, Milk AM—Graham Crackers w/ jelly PM—Cereal Mix	Weekly Fruit Schedule : Mon, Thurs—Applesauce Tues—Peaches Wed—Pears Fri—Mandarin Oranges
6	7 Early AM—Cheerios, Fruit, Milk AM—Banana Bread PM—Vanilla Wafers	8 Early AM—Rice Krispies, Fruit, Milk AM—Fig Newtons PM—Applesauce	9 Early AM—Kix, Fruit, Milk AM—English Muffins w/ jelly PM—Pears	10 Early AM—Cheerios, Fruit, Milk AM—Mini Pancakes PM—Cereal Mix w/ raisins	11 Early AM—Cornflakes, Fruit, Milk AM—Cottage Cheese w/ pears PM—Wheat Crackers	12
13	14 Early AM—Cheerios, Fruit, Milk AM—Graham Crackers PM—Cereal Mix	15 Early AM—Rice Krispies, Fruit, Milk AM—Saltines w/ soy butter PM—Peaches	16 Early AM—Kix, Fruit, Milk AM—String Cheese PM—Blueberry Muffins	17 Early AM—Cheerios, Fruit, Milk AM—English Muffins w/ butter PM—Pretzels (soft under 3)	18 Early AM—Cornflakes, Fruit, Milk AM—Waffle Sticks PM—Oatmeal Cookies	19
20	21 Early AM—Cheerios, Fruit, Milk AM—Cheese-itz PM—Ritz w/ butter	22 Early AM—Rice Krispies, Fruit, Milk AM—Cottage Cheese w/ Peaches PM—Sugar Cookies	23 Early AM—Kix, Fruit, Milk AM—Applesauce* PM—Graham Crackers*	24 Early AM—Cheerios, Fruit, Milk AM—Cornflakes w/ Kix PM—Banana Bread	25 Early AM—Cornflakes, Fruit, Milk AM—Wheat Crackers PM—Bananas	26
27	28 Early AM—Cheerios, Fruit, Milk AM—Cheese-itz PM—Ritz Crackers	29 Early AM—Rice Krispies, Fruit, Milk AM—Cereal Mix w/ raisins PM—String Cheese*	30 Early AM—Kix, Fruit, Milk AM—Fish Crackers PM—Pears	31 Early AM—Cheerios, Fruit, Milk AM—Saltines w/ butter PM—Buns with Jelly	1 Early AM—Cornflakes, Fruit, Milk AM—Graham Crackers w/ jelly PM—Cereal Mix	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)