

Child Care Snack Menu Fall 2018

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	
1 Banana with Lowfat Yogurt and Rice Chex	2 Berry Coconut Energy Bites	3 Whole Wheat Waffle with Mashed Fruit Topping	4 Coconut Fruit Smoothie	5 Overnight Oats with Date	AM
Ants-on-a-log (Celery, Soy Butter, and Raisins)	Popcorn and Fruit	Gluten-Free, Nut-Free Trailmix and Apple Slices	Baby Carrots and Whole Wheat Crackers	Pinto and Green Chili Whole Wheat Quesadillas	PM
8 Banana and Dry Cheerios	9 Ginger Date Energy Bites	10 Lowfat Yogurt with Berries and Rice Chex Cereal	11 Grape and Honey Overnight Oats	12 Tropical Fruit Smoothie	AM
Lowfat String Cheese and Tropical Fruit	Whole Wheat Pretzels and Apple Slices	Grape and Cream Cheese Triscuit Sandwiches	Rice Cake with Soy Butter and Banana	Vegetables and Dip (Fat Free Ranch or Hummus)	PM
15 Banana with Lowfat Yogurt and Rice Chex	16 Berry Coconut Energy Bites	17 Whole Wheat Waffle with Mashed Fruit Topping	18 Coconut Fruit Smoothie	19 Overnight Oats with Date	AM
Ants-on-a-log (Celery, Soy Butter, and Raisins)	Popcorn and Fruit	Gluten-Free, Nut-Free Trailmix and Apple Slices	Baby Carrots and Whole Wheat Crackers	Corn and Black Bean Whole Wheat Quesadillas	PM
22 Instructor Creative Day This snack period gives the course instructors the opportunity to give a snack of their choice.	23 Ginger Date Energy Bites	24 Lowfat Yogurt with Berries and Rice Chex Cereal	25 Grape and Honey Overnight Oats	26 Fruit Smoothie	AM
	Whole Wheat Pretzels and Apple Slices	EARLY RELEASE DAY		Vegetables and Dip (Fat Free Ranch or Hummus)	PM

Child Care Snack Menu Fall 2018

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Fruit Smoothie	Apple Overnight Oats
			Baby Carrots and Whole Wheat Crackers	Pinto and Green Chili Whole Wheat Quesadillas
5	6	7	8	9
Banana and Dry Cheerios	Election Day	Lowfat Yogurt with Berries and Rice Chex Cereal	Raisin and Honey Overnight Oats	Tropical Fruit Smoothie
Lowfat String Cheese and Tropical Fruit		Pear and Cream Cheese Triscuit Sandwiches	Rice Cake with Soy Butter and Banana	Vegetables and Dip (Fat Free Ranch or Hummus)
12	13	14	15	16
Banana with Lowfat Yogurt and Rice Chex	Apple and Soy Butter Energy Bites	Whole Wheat Waffle with Mashed Fruit Topping	Fruit Smoothie	Apple Overnight Oats
Ants-on-a-log (Celery, Soy Butter, and Raisins)	Popcorn and Fruit	Gluten-Free, Nut-Free Trailmix and Apple Slices	Baby Carrots and Whole Wheat Crackers	Corn and Black Bean Whole Wheat Quesadillas
19	20	21	22	23
1/4 Cup Lowfat Plain Yogurt A few Frozen Berries A sprinkle of Cheerios Cereal	Raisin and Honey Overnight Oats	Thanksgiving Break		
Lowfat String Cheese and Fruit	Whole Wheat Pretzels and Baby Carrots			