

# Menu

week of: **Any Time**

Day of Week	AM Menu	Serving Size	PM Snack	Serving Size
<b>MONDAY</b>	Blueberry Breakfast Biscuit and Low Fat Milk	1.77oz Pkg 8oz	Graham Crackers and Broccoli	3 Crackers $\frac{3}{4}$ Cup
<b>TUESDAY</b>	Whole Grain Cereal And Low Fat Milk	$\frac{3}{4}$ cup 8oz	Triscuit Crackers and Carrots	6-8 Crackers $\frac{3}{4}$ Cup
<b>WEDNESDAY</b>	Granola Bar and Low Fat Milk	1 Pkg 8oz	Pretzels and Apple	12-16 Crackers 1 Whole
<b>THURSDAY</b>	Whole Grain Cereal and Low Fat Milk	$\frac{3}{4}$ Cup 8oz	Cheeze Its And String Cheese	24 Crackers 1oz
<b>FRIDAY</b>	Graham Crackers and Banana	3 Crackers 1 Banana	Wheat Thins and Apple	12-15 Crackers 1 Whole

\*If child arrives before 7 am add milk or fruit to AM snack schedule