

# AM & PM Snack November 2022



WG – Whole Grain WW – Whole Wheat MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Size Servings Ages 1-2 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup		Oatmeal Cookies Orange Slices Juice & Water	(WG) Cereal Mix Apple Sauce Juice & Water	(WG) Goldfish Crackers Banana Juice & Water	Vanilla Yogurt Peach Slices Juice & Water	Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup
6	7	8	9	10	11	12
Size Servings Ages 1-2 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup	Animal Crackers Apple Slices Juice & Water	(WW) Graham Crackers Orange Slices Juice & Water	(WG) Mini Bagels With Cream Cheese Apple Slices Juice & Water	(WW) Wheat Thins Banana Juice & Water	<b>Veterans Day School Closed</b>	Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup
13	14	15	16	17	18	19
Size Servings Ages 1-2 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup	Ritz Crackers & Cheese Apple Slices Juice & Water	Oatmeal Cookies Orange Slices Juice & Water	(WG) Cereal Mix Apple Sauce Juice & Water	(WG) Goldfish Crackers Banana Juice & Water	Vanilla Yogurt Peach Slices Juice & Water	Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup
20	21	22	23	24	25	26
Size Servings Ages 1-2 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup	Animal Crackers Apple Slices Juice & Water	(WW) Graham Crackers Orange Slices Juice & Water	(WG) Mini Bagels With Cream Cheese Apple Slices Juice & Water	<b>Thanksgiving Day School Closed</b>	<b>Day After Thanksgiving School Closed</b>	Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup
27	28	29	30			
Size Servings Ages 1-2 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup	Ritz Crackers & Cheese Apple Slices Juice & Water	Oatmeal Cookies Orange Slices Juice & Water	(WG) Cereal Mix Apple Sauce Juice & Water			Size Servings Ages 3-5 1.5 Ounces / 3/8 Cup 1/2 Slice / 1/4 Cup 1/4 Cup 1/4 Cup 3/4 Cup