Montessori Kids Universe - Snack

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	**2**	**3**	**4**	**5**
AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c Low-fat Yogurt 2 oz	AM: ⅓ c Life Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea	AM: Enriched Wheat Bagel ½ ea w/ Cream Cheese 1 oz ¾ c Milk PM: Mozzarella String Cheese ½ oz Ritz Crackers 4 ea	AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Goldfish Crackers ¼ c 100% Apple Juice ½ c	AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Whole Grain Bread Stick ½ ea w/ Mild Cheddar Cheese Stick ½ ea
8	**9**	**10**	**11**	**12**
Columbus Day Holiday School Closed	AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Daily Fresh Fruit ½ c Enriched Wheat Flour Pita Bread ½ ea	AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea w/ American Cheese Slice 1 ea	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz	AM: ⅓ c Life Cereal ¾ c Milk PM: Mini Corn Muffin 1 ea ¾ c Milk
15	**16**	**17**	**18**	**19**
AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Honey Graham Crackers 4 ea	AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Whole Grain Bread Stick ½ ea w/ Mild Cheddar Cheese Stick ½ ea	AM: Mini Apple Muffin 1 ea ¾ c Milk PM: Soft Whole Wheat Baked Pretzel 1 ea w/ American Cheese Slice 1 ea	AM: ⅓ c Whole Grain Toasted Oats Cereal ¾ c Milk PM: Townhouse Crackers 4 ea 100% Apple Juice ½ c	AM: Cinnamon Swirl Bagel 1 ea Cream Cheese 1 oz ¾ c Milk PM: Wheatberry Bread Slice ½ ea w/ American Cheese Slice 1 ea
22	**23**	**24**	**25**	**26**
AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Tandoori Nan Flat Bread ½ ea w/ Traditional Hummus 2 oz	AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Saltine Crackers 4 ea Cheddar Cheese Cubes 3 ea	AM: ⅓ c Whole Grain Apple Cinnamon Toasted Oats Cereal w/ ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c	AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Daily Fresh Fruit ½ c Goldfish Crackers ¼ c	AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Honey Wheat Biscuit ½ ea w/ American Cheese Slice 1 ea
29	**30**	**31**		
AM: Enriched Wheat Bagel ½ ea w/ Cream Cheese 1 oz ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea	AM: ⅓ c Life Cereal ¾ c Milk PM: Mini Blueberry Muffin 1 ea ¾ c Milk	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Mozzarella String Cheese ½ oz Ritz Crackers 4 ea	Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened All snacks served with age appropriate milk, either 1% or whole milk.	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS