

Child Development Laboratory
AM and PM Snack Menu
August and September 2023

Week 1	8/21, 9/18	8/22, 9/19	8/23, 9/20	8/24, 9/21	8/25, 9/22
AM SNACK	Lemon Blueberry Parfait	Breakfast Burritos	Overnight Oats	Fruit Bowl	Honeydew Melon
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Granola and Blueberry	Same w/ vegan cheese	Same	Same	Same
PM SNACK	Turkey and Cheese Pinwheels	Harvest Salsa w/ Tortilla Chips	Afghan Salata w/ Crackers	Carrot Salad w/ Graham Crackers	Animal Crackers w/ Banana Slices
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Veggie Pinwheels	Same	Same	Same	Same

Week 2	8/28, 9/25	8/29, 9/26	8/30, 9/27	8/31, 9/28	9/1, 9/29
AM SNACK	Cottage Cheese w/ Pineapples	Mexican Breakfast Bowl	Peach Pineapple and Orange Smoothie Bowl	Honey Bites	Banana Sushi
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Cereal w/ Pineapple	Same w/ Vegan Cheese	Same	Same	Same
PM SNACK	Pretzels w/ Cheese Cubes and Fruit Cup	Mexican Street Corn in a Bowl w/ Tortilla Chips	Fruit Salsa w/ Graham Crackers	Cucumber Tomato and Feta	Cucumber, Avocado w/ Cream Cheese
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ PB Cheese	Same	Same	Same w/o Feta	Same w/o Cream Cheese

Week 3	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
AM SNACK	Sunrise Smoothie	Cinnamon Muffins w/ Manderine Oranges	Corn Flakes w/ Banana	Banana Oat Bites	Watermelon w/ Mint
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Granola w/ Oranges	Same	Same	Same
PM SNACK	Turkey Sandwich on Whole Wheat Bread	Chips and Salsa	Broccoli and Carrots w/ Veggie dips and Crackers	Black Bean Salad w/ Tortilla Chips	Peach Cups w/ Graham Crackers
Beverage	Water	Water	Water	Water	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	Sun Butter and Jelly	Same	Same w/o veggie dip	Same	Same

Week 4	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
AM SNACK	Yogurt w/ Fruit Cocktail	Overnight Oats	Applesauce w/ Graham Crackers	Blueberry Muffins	Apples w/ Sunbutter
Beverage	Milk	Milk	Milk	Milk	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Cinna Bread w/ Fruit Cocktail	Same	Same	Cereal	Same
PM SNACK	Tortilla Chips w/ Guac and Cheese	Street Corn w/ Tortilla Chips	Red Peppers and Cucumber w/ veggie dip and Crackers	Grape Salad w/ Granola	Wheat Thins w/ Cheese
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same w/ V. Cheese	Same	Same w/o Veggie Dip	Same	Same w/ Vegan Cheese

All **BOLD** items are Whole Grain-Rich Components
 I/T= Infant/Toddler Option due to Choking Hazard
 Children 12 to 23 months are served unflavored whole milk
 Children 2 to 5 years are served unflavored 1% milk