

Early 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	8/24, 9/21
AM SNACK	Yogurt w/ Strawberries	Toast w/ Jelly	Overnight Oats	Fruit Bowl	Honeydew Melon
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND, NE	G.Crackers w/ Strawberrie	Same	Same	Same	Same
PM SNACK	Turkey and Cheese Pinwheel on WG Tortilla	Salsa and Guac w/ Tortilla Chips I/T Crackers	Cucumber and Pita	Carrots w/ Ranch and Crackers	Animal Crackers w/ Banana
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	P/B Turkey And Cheese	Same	Same	Same w/o Ranch	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/ Peaches	Waffles w/ Strawberries	Applesauce	Fruit Bowl	Yogurt w/ Graham Crackers
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND,NE	Rice Chex w/ Peaches	Toast w/ Strawberries	Same	Same	Graham Crackers/ fruit cup
PM SNACK	Chicken Salad w/ Crackers	Cheese Sandwich on Whole Wheat Bread	Fruit Salsa w/ G.Crackers	Cumcumber, Tomato & Cheese Slices	Soft Pretzel w/ String Cheese
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Crackers w/Sunbutter	Sunbutter and Jelly	Same	Same w/ PB Cheese	Same w/ PB Chz
Week 3	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
AM SNACK	Turkey Sausage w/ English Muffin	Cinnamon Apple Muffins w/ Manderine Oranges	Chech Cereal	Cinnamon Bread w/ Cream Cheese	Watermelon
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND,NE	PB Sausage w/ EM	M. Oranges	Same	Same w/o Cream Cheese	Same
PM SNACK	Turkey Sandwich on Whole Wheat Bread	Chips w/ Guac and Salsa I/T Crackers	Broccoli, Carrots, Veggie Dip w/ Crackers	Cucumber and Avocado	Peach Cup w/ Graham Crackers
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Sunbutter and Jelly	Same	Same w/o Dip	Same	Same
Week 4	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
AM SNACK	Yogurt W/ Pineapples	Overnight Oats	Applesauce w/ Graham Crackers	Blueberry Muffins	Apples W/ Sunbutter
Beverage	Milk	Milk	Milk	Milk	Milk
ML	Same	Same	Same	Same	Same
ML, ND,NE	Same w/o Yogurt	Same	Same	Peach Cup	Same
PM SNACK	Cheese sandwich on Whole Wheat Bread	Soft Pretzels w/ String Cheese	Red Pepper, Cucumber w/ Crackers	Carrots w/ Ranch and Cheese Slice	Wheat Thins w/ Cheese Sticks
Beverage	Water	Water	Water	Water	Water
ML	Same	Same	Same	Same	Same
ML, ND, NE	Same	Same w/ PB Cheese	Same	Same w/o Ranch	Same

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

P/B=Plant Based