

ECDC-ND Snack Menus – Spring SY 2012

Week 1 & 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Goldfish Crackers (1/4c.) (1/2 c.)*	Apple Slices (4- half piece) & Cheerios (1/4c.) (1/2c.)*	Oranges (1/2 piece) & Saltines (2 pkg.)(3 pkg.)*	Saltines (2 pkg.) (3 pkg.)* & Organic Fruit or American Cheese	Banana (1/2 piece) & Life Cereal (1/4c.) (1/2c.)*
	Apple Juice** (4 oz)	Water	Water	Water	Water
PM	Carrot Sticks (2 oz) (4oz)* & Ranch Dressing & Toasteds crackers (4) (5)* or Saltines (2 pkg.) (3 pkg.)*	Mini Bagel (1) (1 ½)*^ & Jelly	Wheatworth Crackers (2 pkg.) (3 pkg.)* & String Cheese	Pita (1/2 piece) (3/4 piece)* ^ & Hummus (1T)	Celery (2 oz) (4 oz)* & Saltines (2 pkg.) (3 pkg.)*
	Water	Grape Juice** (4 oz)	Water	1% Milk (6 oz) (8 oz)*	Water

Date: 1/9-1/13, 1/23-1/27, 2/6-2/10, 2/20-2/24, 3/5-3/9, 3/19-3/23, 4/2-4/6, 4/16-4/20, 4/30-5/4, 5/14-5/18

Week 2 & 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Doo Dads (1/4c.) (1/2 c.)*	Carrot Sticks (2 oz) (4 oz)* & Ranch Dressing & Toasteds crackers (4) (5)* or Saltines (2 pkg.) (3 pkg.)*	Applesauce (4 oz) & Saltines (2 pkg.) (3 pkg.)*	Wheatworth Crackers (2 pkg.) (3 pkg.)* & Organic Fruit or String Cheese	Goldfish Crackers (1/4c.) (1/2 c.)*
	Apple Juice** (4 oz)	Water	Water	Grape Juice** (4 oz)	Water
PM	Saltines (2 pkg.) (3 pkg.)* & American Cheese	Pineapple Cup (4oz) & Wheatworth Crackers (2 pkg.) (3 pkg.)*	Tortillas (1/2 piece) (1 piece)* ^ & Cream Cheese (1T)	Banana (1/2 piece) & Life Cereal (1/4c.) (1/2 c.)*	Pretzel Sticks (15) (25)*
	Water	Water	Apple Juice** (4 oz)	Water	Grape Juice** (4 oz)

Date: 1/2-1/6, 1/16-1/20, 1/30-2/3, 2/13-2/17, 2/27-3/2, 3/12-3/16, 3/26-3/30, 4/9-4/13, 4/23-4/27, 5/7-5/11

** All juice is Vitamin C enriched

* School Age Portion 5/6's, 6/7's, 8/9

^additional servings are available