

ECDC-SMC SNACK MENUS –2011-2012 School Year

WEEK 1: (9/12 – 9/16, 10/10 – 10/14, 11/7 – 11/11, 12/5 – 12/9) 2011-12 SCHOOL YEAR (FALL SEMESTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M: ¼ CUP CHEERIOS 1.5 OZ RAISINS WATER	A.M: 4 OZ APPLESAUCE ¼ CUP PRETZELS WATER	A.M: 2 PKG SALTINES 1 SLICE CHEESE WATER	A.M: 2 PKG WHEAT CRACKERS 1 OZ STRING CHEESE WATER	A.M: ¼ CUP DOODADS 4 OZ GRAPE JUICE
P.M: ¼ CUP GOLDFISH CRACKERS 6 OZ 1% MILK	P.M: 2 OZ CARROT STICKS 2 PKG WHEAT CRACKERS WATER	P.M: 4 GRAHM CRACKER SQUARES 4 OZ APPLE JUICE	P.M: ½ PIECE TORTILLA CREAM CHEESE 4 OZ GRAPE JUICE	P.M: NUTRIGRAIN BAR 6 OZ 1% MILK

WEEK 2: (8/22 – 8/26, 9/19 – 9/23, 10/17 – 10/21, 11/14 – 11/18)

A.M: ¼ CUP PRETZELS 4 OZ APPLE JUICE	A.M: 2 OZ CARROT STICKS 2 PKG SALTINES WATER	A.M: 4 OZ TROPICAL FRUIT CUP ¼ CUP CHEX MIX WATER	A.M: 4 OZ APPLESAUCE CUP 2 PKG SALTINES WATER	A.M: ¼ CUP GOLDFISH CRACKERS 4 OZ GRAPE JUICE
P.M: 2 FIG NEWTONS 6 OZ 1% MILK	P.M: ¼ CUP CHEERIOS 1.5 OZ RAISINS WATER	P.M: 1 MINI BAGEL JELLY 6 OZ 1% MILK	P.M: 1 NUTRIGRAIN BAR 6 OZ 1% MILK	P.M: ½ PIECE PITA HUMMUS 6 OZ 1% MILK

*All Juice is Vitamin C enriched

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WEEK 3: (8/29 – 9/2, 9/26 – 9/30, 10/24 – 10/28, 11/21 – 11/25) SEMESTER)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M: ¼ CUP LIFE CEREAL 6 OZ 1% MILK	A.M: ¼ CUP PRETZELS ¼ CUP APPLESAUCE WATER	A.M: 2 PKG WHEAT CRACKERS 1 OZ STRING CHEESE WATER	A.M: 2 PKG SALTINES 1 SLICE CHEESE WATER	A.M: 4 GRAHAM CRACKER SQUARES 4 OZ APPLE JUICE	
P.M: ¼ CUP DOODADS 6 OZ GRAPE JUICE	P.M: 2 OZ CARROT STICKS & RANCH DRESSING 6 OZ 1% MILK	P.M: ¼ CUP CHEERIOS 1.5 OZ RAISINS WATER	P.M: ½ PIECE TORTILLA & CREAM CHEESE 6 OZ 1% MILK	P.M: NUTRIGRAIN BAR 6 OZ 1% MILK	

WEEK 4: (9/5 – 9/9, 10/3 – 10/7, 10/31- 11/4, 11/28 – 12/2)				
A.M: 2 PKG WHEAT CRACKERS STRING CHEESE WATER	A.M: 2 OZ CARROT STICKS 2 PKG SALTINES WATER	A.M: 4 OZ TROPICAL FRUIT CUP ¼ CUP CHEX MIX WATER	A.M: 4 OZ APPLESAUCE CUP 2 PKG SALTINES WATER	A.M: ¼ CUP GOLDFISH CRACKERS 4 OZ GRAPE JUICE
P.M: ¼ CUP DOODADS 6 OZ 1% MILK	P.M: 2 FIG NEWTONS 6 OZ 1% MILK	P.M: 1 MINI BAGEL JELLY 6 OZ 1% MILK	P.M: 1 NUTRIGRAIN BAR 6 OZ 1% MILK	P.M: ½ PIECE PITA HUMMUS 6 OZ 1%MILK

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