

**Preschool Snack Portions**

Milk: 1/2—1 cup  
Fruit or Veg: 1/2—3/4 cup  
Bread: 1/2—1 slice  
or Cereal: 1/4—1/3 cup  
Meat/Alternative: 1/2—1 oz

**Schoolage Snack Portions**

Milk: 1 cup  
Fruit or Veg: 3/4 cup  
Bread: 1 slice  
Cereal: 3/4 cup  
Meat/Alternative: 1 oz

# October

Mon	Tue	Wed	Thu	Fri
			1 AM: Chicken Nuggets, Ketchup, Orange Juice  PM: Chicken Noodle Soup, Gold Fish Crackers, Water	2 AM:
5 AM: Granola, Vanilla Yogurt, Water  PM: Chicken Strips, BBQ Sauce, Orange Juice	6 AM: Apple Slices, Graham Crackers, Water  PM: Turkey Bologna, American Cheese, Saltines, Water	7 AM: French Toast Sticks, Strawberries, Milk  PM: Mini Beef Burritos, Salsa, Water	8 AM: Pancakes, Strawberries, Milk  PM: Mozzarella Cheese Slices, Multigrain Crackers, Orange Juice	9 AM:
12 AM: Granola Bars, Milk  PM: Salad, Ranch Dressing, Apple Juice	13 AM: Cinnamon Raisin Toast, Butter, Milk  PM: Chicken Noodle Soup, Gold Fish, Crackers, Water	14 AM: Chicken Nuggets, Ketchup, Apple Juice  PM: Tater Tots, Ketchup, Apple Juice	15 AM: Carrots, Broccoli, Ranch Dressing, Apple Juice  PM: Mini Beef Burritos, Salsa, Water	16 AM:
19 AM: Mozzarella Cheese Slices, Multi grain Crackers, Orange Juice  PM: Carrots, Broccoli, Ranch Dressing, Orange Juice	20 AM: Blueberry Muffins, Milk  PM: Apple Slices, String Cheese, Water	21 AM: Granola Bars, Vanilla Yogurt, Water  PM: Chicken Strips, BBQ Sauce, Orange Juice	22 AM: Raisin Bran Cereal, Milk  PM: Macaroni & Cheese, Orange Juice	23 AM:
26 AM: Orange Slices, Vanilla Yogurt, Water  PM: Turkey Bologna, American Cheese, Water	27 AM: French Toast Sticks, Strawberries, Milk  PM: Tater Tots, Ketchup, Apple Juice	28 AM: Bananas, Cheerios, Milk  PM: Mini Beef Burritos, Salsa, Apple Juice	29 AM: Bagels, Cream Cheese, Water  PM: Tuna Sandwiches, Water	30 AM: