

Teachable Moments Infant Room Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Am: Cheerios and bananas Pm: <i>unsweetened</i> Apple Sauce and cheese	Am: Whole grain Pancakes & grapes Pm: Whole wheat crackers diced peaches	Am: Whole wheat english muffin & fruit spread W/ bananas Pm: Vanilla Yogurt Gerber puffs	Am: Veggie puffs & Cheese Pm: Multi-grain Gold fish and grapes	Am: Cheerios and bananas Pm: Gerber Puffs & blueberries
Week Two and Five	Am: Kix cereal and bananas Pm: unsweetened Apple sauce and cheese	Am: Whole grain Pancakes and blueberries Pm: Grapes and banana yogurt	Am: Cheerios and bananas Pm: Grapes and Multi-grain goldfish	Am: Vanilla yogurt Pm: Strawberries and fruit bar	Am: Wheat bread and Totally fruit spread/apples Pm: Bananas and Whole wheat crackers
Week Three	Am: Cheese slices and Gerber Puffs Pm: Diced peaches	Am: Kix & grapes Pm: Vanilla Yogurt	Am: Cheerios & bananas Pm: Grapes and Multi grain goldfish	Am: Whole grain Pancakes and blueberries Pm: Cucumbers & Gerber Puffs	Am: Whole wheat Eng. Muff. & light cream cheese bananas Pm: unsweetened Apple Sauce and cheese
Week Four	Am: Whole grain Pancakes & blueberries Pm: fruit bar	Am: Wheat bread and light cream cheese Pm: Bananas and veggie puffs	Am: Kix cereal and banana yogurt Pm: unsweetened Apple sauce and cheese	Am: Cheerios and Bananas Pm: Grapes and multi grain goldfish	Am: Gerber Puffs and diced peaches Pm: Vanilla yogurt

*** Water or whole milk will be served with morning and afternoon snack. Milk will be served with lunch and cereal*** A variety of melons are served seasonally and 100% no sugar added frozen fruit pops are served occasionally during the summer. Please circle items you **do not** want your child to have. **Mark with an A if child is allergic. Grapes, Blueberries Bananas and Strawberries are cut in 1/4s or smaller.**

Child's Name: _____

Parent signature: _____ Date: _____