

Teachable Moments Preschool/Toddler Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Am: Cheerios and bananas Pm: Apples and cheese slices	Am: Pancakes and blueberries Pm: Cucumbers and Low fat ranch dip	Am: Bananas and cheerios Pm: Low fat fruit Yogurt and graham crackers	Am: Wheat bread and cream cheese Pm: Strawberries and wheat wafers	Am: Corn Chex Pm: Grapes and Whole grain goldfish
Week Two	Am: Kix cereal and grapes Pm: Low sugar Apple sauce and cheese slices	Am: Waffles and blueberries Pm: Grapes and wheat wafers	Am: Cheerios and bananas Pm: Apples and pretzel goldfish	Am: Pancakes and blueberries Pm: Strawberries and multigrain bar	Am: Wheat Bagels and cream cheese Pm: Bananas and graham crackers
Week Three	Am: Wheat bread and cream cheese Pm: Strawberries and wheat wafers	Am: Bananas and cheerios Pm: Low fat fruit Yogurt	Am: Corn Chex and Low fat fruit-yogurt Pm: Grapes and pretzel goldfish	Am: Pancakes and blueberries Pm: Cucumbers and low-fat ranch dip	<i>Am: Cheerios and bananas</i> Pm: Apples and cheese slices
Week Four	Am: Pancakes and blueberries Pm: Strawberries and multigrain bar	Am: Wheat Bagels and cream cheese Pm: Bananas and graham crackers	Am: Kix cereal and Low fat fruit-yogurt Pm: Low sugar Apple sauce and cheese slices	Am: Cheerios Pm: Apples and pretzel goldfish	Am: Waffles and blueberries Pm: Grapes and wheat wafers
Week Five	Am: Corn Chex and bananas Pm: Grapes and whole grain goldfish	Am: Cheerios and strawberries Pm: Apples and cheese slices	Am: Pancakes and blueberries Pm: Strawberries and multigrain bar	Am: Kix cereal and fruit-yogurt Pm: Low sugar Apple sauce and Wheat wafers	Am: Wheat Bagels and cream cheese Pm: Grapes and graham crackers

*** Water or milk will be served with morning and afternoon snack. Milk will be served with lunch and cereal***

Please circle items you do not want your child to have. **Mark with an A if they are allergic. Grapes are cut in ¼ for Toddlers and ½ for Preschoolers.**

Child's Name: _____

Parent Signature: _____ Date: _____