


September 2023

ELS SNACK MENU

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 AM Corn Flakes Cereal Milk PM Cheddar Chex Milk	2
3	ALL Programs Closed	5 AM WG English Muffin W/ Jelly PM Teddy Grahams Milk	6 AM Vanilla Yogurt w/ Grano- la Milk PM WG Goldfish, Apple Juice	7 AM WG Mini Pancakes Milk PM Cheese Ritz Bits Milk	8 AM WG Banana Bread Milk PM Strawberry Chex Milk	9
10 ~ We use only flash frozen vegetables ~	11 AM WG French Toast Sticks Milk PM Scooby Snacks Milk	12 AM WG Apple Cinnamon Cheerios, Milk PM Applesauce, WG Crackers Water	13 AM WG Strawberry Nu- trigrain Bar, Milk PM Snap'd Cheese Itz White Grape Juice	14 AM WG Blueberry Waffles Milk PM String Cheese Veggie Straws, Water	15 AM WG Bagel W/ Cream Cheese, Milk PM Mixed Fruit Cup Ritz Crackers, Water	Fluid Milk: 1 year old: unfla- vored whole milk 2-5 year old: unfla- vored fat-free (skim) or low-fat (1%) milk
17 Children under two years old will be offered cooked carrots when menu says raw baby carrots ~	18 AM WG Biscuit w/ Jelly Milk PM Fresh Strawberries WG Graham Crackers Water	19 AM WG Corn Flake Cereal Milk PM Cheddar Chex Apple Juice	20 AM WG Apple Cinnamon Muffin Milk PM Teddy Grahams Milk	21 AM WG Blueberry Bread Milk PM WG Pretzel Goldfish Cheese Cubes Water	22 AM WG Raspberry Nu- trigrain Bar PM Fresh Banana Ritz Crackers Water	Breastmilk may be substituted for cow's milk Non-Dairy Beverag- es may be served with appropriate documentation
24	25 AM WG Pretzel Roll Milk PM Scooby Snacks Milk	26 AM WG Banana Bread Milk PM WG Goldfish Milk	27 AM WG Cinnamon Chex Ce- real Milk PM Cheese Ritz Bits White Grape Juice	28 AM Vanilla Yogurt w/ Grano- la, Milk PM Strawberry Chex Milk	29 AM WG Blueberry Muffin Milk PM Clementine WG Ritz Crackers Water	Juice, if served, is pasteurized full strength (100%) juice WG, WW and WGR indicate whole grain-rich foods