

SAMPLE SNACK MENUS

(Using USDA Child Care Recipes, Food for Health and Fun)

<http://www.nal.usda.gov/childcare/Recipes/childcare.html>

Snack menus must include two of the four food components. The abbreviation to the left of each menu item indicates the meal pattern component supplied. The following abbreviations are used: GB = grains/breads, MA = meat/meat alternate, FV = fruit/vegetable, M = milk, and O = other food items served but not necessary to meet meal pattern requirements. This menu meets the Child and Adult Care Food Program (CACFP) meal standards for children ages 3–5 years old, and may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, pretzels, apples, or grapes. Please substitute appropriate foods for children less than three years of age. All bread and bread alternates must be made with enriched or whole grains. Offer water as a beverage when a creditable beverage is not included as one of the components of the snack.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
GB M	Graham Crackers Milk	MA FV	Mozzarella Stick, part-skim Grapes	FV GB	Orange Juice Wheat Crackers	GB M	Blueberry Muffin A-3 Milk	FV O GB	Cucumber and Carrot Slices with Low Fat Dip Pretzel Thins
FV MA	Mandarin Oranges and Pineapple Tidbits with Vanilla Yogurt	GB M	Animal Crackers Milk	FV MA	Apple Slices with Cheese cubes	MA GB	Sliced Turkey Saltine Crackers	FV O MA	Pineapple Juice Celery Sticks stuffed with Peanut Butter
GB M	Oatmeal Raisin Cookies Milk	FV GB	Banana Wheat Crackers	FV GB O	Grape Juice Pita Bread with Melted Cheese	FV GB	Carrot Raisin Salad E-5 Sesame Crackers	MA GB	Sliced Ham Biscuit
GB MA O	Rice Cakes with Peanut Butter and Raisins	FV GB	Cantaloupe and Watermelon Chunks Vanilla Wafers	GB MA	Banana Bread Squares A-13 Fruit Yogurt	FV GB	Sliced Peaches Graham Crackers	MA GB	Cheese Cubes Pasta Veggie Salad E-8

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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
GB MA O	Ritz Crackers Cheese Cubes Apple Slices	FV MA O	Fruit Salad—Oranges, Bananas, Grapes, Apples, Pineapple Strawberry Yogurt Granola Topping	M GB O	Milk Golden Corn Muffins A-2 with Whipped Honey Butter	FV GB O	Orange Juice Trail Mix made with Dry Cereal and Raisins	GB FV O	Soft Bread Sticks Vegetable Sticks—Carrots, Celery, Pepper with Cottage Cheese Dip
FV GB	Cinnamon Applesauce Fig Bar Cookies	M GB O	Milk Assorted Cold Cereal Sliced Strawberries	MA GB O	Fruit Yogurt Graham Crackers Apple Juice	GB O M	Raisin Bread with Peanut Butter and Honey Milk	FV MA	Apple Wedges Cheese Cubes
GB FV	Cheese Crackers Choice of Apple, Orange, or Grape Juice	GB MA	Snack Crackers Bean Dip	GB M	Pumpkin Muffin Milk	GB FV O	Breadsticks Garden Salad with Italian Dressing	GB M O	Graham Crackers Milk Vanilla Pudding
FV GB O	Apple Juice Nacho Chips Shredded Cheese and Salsa	FV GB	Pineapple Chunks Rye Crackers	GB O M	Wheat Bagel with Peanut Butter Milk	MA GB O	Yogurt Biscuit with Sliced Strawberries	M GB O	Chicken Salad in Pita Pocket Half with Shredded Lettuce and Tomato
FV GB O	Pineapple Juice Bagel with Cream Cheese	GB MA O	Hard Pretzels Cheese Cubes Red Grapes	GB FV O	Crackers Raw Broccoli and Cauliflower with Low Fat Dressing	GB MA O	Soft Tortilla Shell and Cheese Lettuce and Tomato	FV GB	Applesauce Gingersnaps
MA GB FV	Ham and Cheese wrapped in Soft Tortilla Shell Orange Juice	GB M	Applesauce Cake B-20 Milk	GB FV	Soft Pretzel Apple Juice	GB O M	Wheat Bread with Peanut Butter and Jelly Milk	FV GB O	Apple Juice Waffle topped with Yogurt and Berries