

May Snack Menu

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Serving Size: Ages 1–2 years
Grains (rice, pasta, cereal): ~¼–½ cup per serving
Vegetables: ~¼ cup
Fruits: ~¼ cup
Protein (meat, beans, eggs): ~1 ounce (or 1 egg)
Dairy (milk, yogurt): ~½ cup milk or yogurt

Serving Size: Ages 3–5 years
Grains: ~½–1 cup
Vegetables: ~½ cup
Fruits: ~½ cup
Protein: ~1–2 ounces
Dairy: ~½–1 cup

Breakfast:
 Biscuits & Strawberries

PM Snack:
 Crackers & Cheese

3

Breakfast:

PM Snack:
 Apples & Sunbutter

4

Breakfast:
 Quesadilla & Fruit

PM Snack:
 Pears & Graham Crackers

5

Breakfast:
 Blueberry Muffins
 & Milk

PM Snack:
 Cucumber, Ranch
 or Hummus

6

Breakfast:
 Egg, Hashbrowns
 & Ketchup

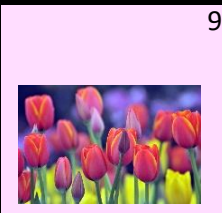
PM Snack:
 Yogurt & Blueberries

7

Breakfast:
 Bagels & Cream Cheese

PM Snack:
 Crackers & Cheese

8



9

10

Breakfast:
 Pancakes & Fruit

PM Snack:
 Sweet Potatoes
 & Cheese Stick

11

Breakfast:
 Cereal & Milk

PM Snack:
 Cucumber, Ranch
 or Hummus

12

Breakfast:
 Yogurt & Fruit

PM Snack:
 Graham Crackers
 & Pears

13

Breakfast:
 Egg, Hashbrowns
 & Ketchup

PM Snack:
 Pita & Hummus

14

Breakfast:
 Cheesy Bagels

PM Snack:
 Apples & Sunbutter

15

16

17

Breakfast:
 English Muffin
 with Sunbutter

PM Snack:
 Cheese Tortellini
 & Butter

18

Breakfast:
 Cinnamon Toast
 with Cream Cheese

PM Snack:
 Pita & Hummus

19

Breakfast:
 Cereal & Milk

PM Snack:
 Sweet Potatoes
 & Cheese Stick

20

Breakfast:
 Cornbread
 & Berries

PM Snack:
 Crackers &
 Applesauce

21

Breakfast:
 Cereal & Milk

PM Snack:
 Hashbrowns &
 Ketchup

22

23

24



25

Breakfast:
 Cereal & Milk

PM Snack:
 Apples & Sunbutter

26

Breakfast:
 Pancakes &
 Applesauce

PM Snack:
 Pita & Hummus

27

Breakfast:
 Cinnamon Toast
 with cream cheese

PM Snack:
 Yogurt & Blueberries

28

Breakfast:
 Cereal & Milk

PM Snack:
 Cucumbers &
 Ranch or Hummus

29

30

