

Kids Co. Snack Menu

September 2011

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Kids Co. Closed	Kids Co. Closed	31 8oz Milk 2 Tortilla w/ Cinnamon/sugar 1/2 Apple	1 8oz Milk 1 Pancake 1 Slice Cantalope	2 8oz Milk 3/4 C Frosted Wheats 1/2 C Fruit
PM			8oz Water 6 Saltines 2 Slices Cheese	8oz Water 1/2 C. Animal Crackers 1/2 C Broccoli w/Ranch	8oz Water 1 Pita w/Hummas 1/2 C Sliced Strawberries
AM	5 Kids Co. Closed	6 8oz Milk 1 Granola Bar 1/2 C Raisins	7 8oz Milk 1/2 C Oatmeal 1/2 Pear	8 8oz Milk 2 French Toast Stick 1/2 Banana	9 8oz Milk 1 English Muffin 3/4 C Applesauce
PM		8oz Water 1 C Popcorn 1/2 Apple	8oz Water 1/2 C Pretzels 1/2 C Broccoli and Carrots	8oz Water 1 Tortilla w/cheese 1/2 C Craisins	8oz Water 12 Wheat Thins 1 Gogurt
AM	12 8oz Milk 3/4 C Tootie Frooties 1/2 Apple	13 8oz Milk 1 Waffle 1/2 C Sliced Strawberries	14 8oz Milk 1/2 C Yogurt 1/4 C Granola	15 8oz Water 1 Bagel 3/4 C Mandarins	16 8oz Milk 1 Pancake 1/2 C Fruit
PM	8oz Water 1/2 c Trail Mix 1/2 C Carrots and Ranch	8oz Water 1 Cereal Bar 1 Slice Cantalope	8oz Water 6 Ritz 2 Pieces of Cheese	8oz Water 8 Triscuits 1 Gogurt	8oz Water 1 English Muffin Pizza
AM	19 8oz Milk 1 Special K Bar 1/2 C Fruit	20 8oz Milk 1 English Muffin 1 Slice Cantalope	21 8oz Milk 3/4 C Cinnamon Toasters 1/2 C Craisins	22 8oz Milk 1 Slice Toast 1/2 C Grapes	23 8oz Milk 3/4 C Cheerios 1/2 Banana
PM	8oz Water 2 Taquitos 1 Slice Watermelon	8oz Water 1/2 Bagel 1/2 C Broccoli and Carrots	8oz Water 1/2 C Goldfish 1/2 Apple	8oz Water 1/2 Wheat Thins 1 Cheese Stick	8oz Water 2 Graham Crackers 1/2 Pear
AM	26 8oz Milk 1 Cereal Bar 1/2 Kiwi	27 8oz Milk 3/4 C Life Cereal 1 Slice Watermelon	28 8oz Milk 2 Tortilla w/ Cinnamon/sugar 1/2 Apple	29 8oz Milk 1 Pancake 1 Slice Cantalope	30 8oz Milk 3/4 C Frosted Wheats 1/2 C Fruit
PM	8oz Water 1/2 C Chips w/salsa 1/2 Banana	8oz Water 1 Bagel 3/4 C Mandarins	8oz Water 6 Saltines 2 Slices Cheese	8oz Water 1/2 C. Animal Crackers 1/2 C Broccoli w/Ranch	8oz Water 1 Pita w/Hummas 1/2 C Sliced Strawberries