



Kids Co. at Adams Snack Menu—December 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	11/26/18	11/27/18	11/28/18	11/29/18	11/30/18
Breakfast Fruit/Vegetable Milk Bread/Grain (Protein Optional)	1 Cup Raisin Bran 8 oz. Fruit Juice 8 oz. Milk	1 Pkg. Oatmeal ½ Cup Fresh Fruit 8 oz. Milk	¼ Cup Granola ¼ Cup Yogurt ½ Cup Apples 8 oz. Milk	1 Rice Cake ¼ Cup Prunes 8 oz. Milk	1 Eng. Muffin w/ Sunbutter ½ Cup Banana 8 oz. Milk
PM Snack 2 Components: Milk Protein Bread/Grain Fruit/Vegetable	1 Serving Cheez-Its ¼ Cup Lettuce w/Ranch	Slice Bread w/Jam ½ Cup Cherry Tomatoes	1 Serving Wheat Thins String Cheese	Wheat Tortilla 2 Tbsp. Sun Butter 2 Tbsp. Craisins	1 Serving Pretzels 2 Tbsp. Hummus ¼ Cup Carrots
WEEK TWO	12/3/18	12/4/18	12/5/18	12/6/18	12/7/18
Breakfast Fruit/Vegetable Milk Bread/Grain (Protein Optional)	1 Pkg. Cream of Wheat ½ Dried Apricots 8 oz. Milk	1 Cereal Bar ½ Cup Peaches 8 oz. Milk	1 Slice Toast w/Jam ½ Cup Apples 8 oz. Milk	1 Cup Cheerios 8 oz. Fruit Juice 8 oz. Milk	2 Mini Pancakes ½ Cup Bananas 8 oz. Milk
PM Snack 2 Components: Milk Protein Bread/Grain Fruit/Vegetable	¾ Cup Celery 1 oz. Cheese	1 Serving Saltines ½ Oranges 3 Tbsp. Cottage Cheese	½ Cup Cracker Mix 1 Banana	10 Tortilla Chips ¼ Cup Cheesy Bean Dip	½ Cup Popcorn ¾ Cup Broccoli
WEEK THREE	12/10/18	12/11/18	12/12/18	12/13/18	12/14/18
Breakfast Fruit/Vegetable Milk Bread/Grain (Protein Optional)	1 Pkg. Oatmeal ½ Cup Apples 8 oz. Milk	1 Raisin Eng. Muffin ½ Cup Fresh Fruit 8 oz. Milk	1 Cup Raisin Bran 8 oz. Fruit Juice 8 oz. Milk	1 Serving Rice Crisps ½ Cup Peaches 8 oz. Milk	1 Slice Toast 2 Tbsp. Sun Butter ½ Cup Applesauce 8 oz. Milk
PM Snack 2 Components: Milk Protein Bread/Grain Fruit/Vegetable	Slice Bread w/Jam ½ Cup Seasonal Veggie	½ cup Yogurt ¾ Cup Apples w/ Cinnamon	1 Rice Cake ¾ Cup Cherry Tomatoes	1 Wheat Tortilla 2 Tbsp. Sun Butter 2 Tbsp. Craisins	1 Serving Club Crackers w/Cream Cheese ¾ Cup Veggie Mix
WEEK FOUR	12/17/18	12/18/18	12/19/18	12/20/18	12/21/18
Breakfast Fruit/Vegetable Milk Bread/Grain (Protein Optional)	1 Mini Muffin ½ Cup Pears 8 oz. Milk	1 Mini Bagel w/Cream Cheese ½ Cup Fresh Fruit 8 Oz. Milk	1 Pkg. Cream of Wheat ½ Dried Apricots 8 oz. Milk	1 Cup Cheerios 8 oz. Fruit Juice 8 oz. Milk	1 Cereal Bar ½ Cup Peaches 8 oz. Milk
PM Snack 2 Components: Milk Protein Bread/Grain Fruit/Vegetable	½ Cup Popcorn ¾ Cup Broccoli	1 Serving Pretzels 2 Tbsp. Hummus ¼ Cup Carrots	1 Serving Wheat Thins String Cheese	1 Serving Saltines ½ Oranges 3 Tbsp. Cottage Cheese	1 Mini Bagel 1 Slice Cheese 1 Large Pepperoni 1 Tbsp. Tomato Sauce