Snack Menu September 2018

Ages 3 years old and 5 years old

Monday	Tuesday	Wednesday	Thursday	Friday
3	**4**	**5**	**6**	**7**
Labor Day **JIN-A CLOSED**	AM ½ cup Cereal ½ cup Fresh Fruit PM ½ cup Graham crackers ½ cup Fresh Fruit	AM ½ cup Whole wheat bread ½ cup Fresh Fruit PM ½ cup Veggie Sticks ½ cup Vegetable	AM ½ cup Pretzel ½ cup Apple sauce PM ½ cup Whole wheat crackers ½ cup Fresh Fruit	AM ½ cup Smoothie PM ½ cup Whole Wheat Pita ½ cup Hummus
10	**11**	**12**	**13**	**14**
AM ½ cup Cereal ½ cup Fresh Fruit PM ½ cup Whole wheat crackers ½ cup Raisins	AM ½ slice Whole Wheat Bread ½ cup Fresh Fruit PM ½ cup Graham Cracker ½ cup Fresh Vegetable	AM ½ cup Oatmeal Cookie ½ cup Fresh Fruit PM ½ cup Veggie snack ½ cup Apple Sauce	AM ½ slice Rice crackers ½ cup Fresh Fruit PM ½ Slice Fig Bar ½ cup Vegetable	AM ½ cup Sweet Potato chip ½ cup Raisin PM ½ cup Pretzel ½ cup Fresh Fruit
17	**18**	**19**	**20**	**21**
AM ½ slice Fig Bar ½ cup Fresh Fruit PM ½ cup Oatmeal Cookie ½ cup Fresh Vegetable	AM ½ Slice Rice crackers ½ cup Fresh Fruit PM ½ cup Vegetable Cracker ½ cup Vegetable	AM ½ slice Whole Wheat Bread ½ cup Fresh Fruit PM ½ cup Whole Wheat Crackers ½ cup Fresh Fruit	AM ½ cup Baked Green Peas ½ cup Fresh Fruit PM ½ cup Veggie snack ½ cup Fresh Fruit	AM ½ cup Smoothie PM ½ cup Black bean chip ½ cup Avocado
24	**25**	**26**	**27**	**28**
AM ½ cup Whole Wheat Cracker ½ cup Fresh Fruit PM ½ cup Graham crackers ½ cup Fresh Fruit	AM ½ cup Multigrain O's Cereal ½ cup Fresh Fruit PM ½ cup Pretzel ½ cup Vegetable	AM ½ cup Pretzel ½ cup Apple sauce PM ½ cup Whole wheat crackers ½ cup Fresh Fruit	AM ½ slice Whole Wheat Bread ½ cup Fresh Fruit PM ½ cup Graham Cracker ½ cup Fresh Vegetable	AM ½ cup Baked Green Peas ½ cup Fresh Fruit PM ½ cup Veggie snack ½ cup Fresh Fruit

Jin-A Child Care Center

77 Jay Street Clifton, NJ 07107

Menu might be adjusted according availability
*** Please report any new food allergies to the office**
Fruits Served: Strawberries, melon, pineapple, pear, oranges, Clementine, bananas, grapes, mango, and kiwi
Vegetable served: Carrots (cooked), cucumber, celery, broccoli, kale, peas, corn, peppers, tomatoes, and avocado
Grains/ Bread served: Gerber cereals, multi grains cereals, whole grain bread, cheerio's, wheat squares, corn pops
Milk: 1% (Low-fat) milk