

ECDC SNACK MENU

September 2017

| WK1 | 28 | MONDAY | 29 | TUESDAY | 30 | WEDNESDAY | 31 | THURSDAY | 1 | FRIDAY |
|-----|----------|--|------------------|--|---------------|--|----------|-------------------------------------|----------------|--|
| AM | BG FV | Bagels and fruit spread | FV MA | Banana and sunbutter | FV D | Carrot chips/Cucumbers & Yogurt ranch dressing | D FV | Greek Yogurt & fresh oranges | BG FV | Chips and salsa |
| PM | D FV | Apples & cheese or sunflower seeds | BG FV | Wheat Thins and raisins | BG MA | Pretzels & hummus | BG FV | Rice Chex and raisins | MA FV | Sunflower seeds and dried blueberries |
| WK2 | 4 | MONDAY | 5 | TUESDAY | 6 | WEDNESDAY | 7 | THURSDAY | 8 | FRIDAY |
| AM | BG D | Cinn. Raisin bread and yogurt cream cheese | D FV | TERRA chips & Yogurt ranch dressing | BG D | Biscuit and honey butter | BG FV | GF Rice crackers & mandarin oranges | D FV | Greek Fruit yogurt & peaches |
| PM | BG MA | Rice cakes & sunbutter | FV BG | Fig bars | FV MA | Pears and sunflower seeds | BG D | Pretzels & cheese sticks | FV BG | Chips & Salsa |
| WK3 | 11 | MONDAY | 12 | TUESDAY | 13 | WEDNESDAY | 14 | THURSDAY | 15 | FRIDAY |
| AM | BG FV | Applesauce and GF granola | BG D | Graham Crackers & milk | BG FV | Waffles & applesauce | BG MA | Pita chips & hummus | BG MA | Steamed rice & black beans |
| PM | D BG | Rtz Crackers and sliced cheese | MA FV | Sunflower seeds and raisins | D FV | Yogurt and pineapples pieces | FV D | Apples & cheese | BG MA /D | Leftover chips/pretzels/crackers and hummus, cheese, seeds |
| WK4 | 18 | MONDAY | 19 | TUESDAY | 20 | WEDNESDAY | 21 | THURSDAY | 22 | FRIDAY |
| AM | BG MA | Biscuit and sunbutter | BG FV | GF Rice crackers & pears | FV D | Cheese grits | BG FV | Fig bars | | Sweet potato fries and milk |
| PM | BG FV | Very Berry Cheerios & raisins | BG FV or D | Whole wheat toast and fruit spread or cream cheese | FV BG D | Goldfish & raisins | FV MA | Banana chips & sunbutter | | LEFTOVERS IN CABINETS OR REFRIGERATOR (OPENED ITEMS) |
| | D= | Dairy | FV= | Fruit /Veg | BG= | Bread/Grain | MA/P= | Meat Alternate-Protein | GF= | Gluten Free |

Blue

May contain gluten