

## SAMPLE SNACK MENU

<p><b>CACFP Meal Patterns: Servings per Ages 3-5</b></p> <p>AM SNACK (2 of these 5 components)</p> <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> <li>• Grains</li> </ul> <p>PM SNACK (2 of these 5 components)</p> <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> <li>• Grains</li> </ul> <p>Notes: Water is available at all times.</p> <p>Shabbat Program is every Friday @11:00a.m. Small portions of Kedem Grape Juice and Challah are served.</p> <p><b>*Gan Shalom is a NUT FREE school.</b></p>	<p>Applesauce and Breakfast bars</p> <p>Carrots and Hummus</p>	<p>Yogurt with Granola</p> <p>Bagels with Cream Cheese and Banana</p>	<p>Life Cereal and 1% Milk</p> <p>Crackers and String Cheese</p>	<p>Cottage Cheese and Blue Berries</p> <p>Pita and Salsa</p>	<p>Animal crackers and Pears</p> <p>Pretzels and Pickles</p>
	<p>Life Cereal and 1% Milk</p> <p>Crackers and String Cheese</p>	<p>Bagels with cream cheese and Pears</p> <p>Clementines and graham crackers</p>	<p>Yogurt with Granola</p> <p>Wheat crackers and String Cheese</p>	<p>Applesauce and Breakfast Bars</p> <p>Melon and Animal Crackers</p>	<p>Bananas and 1% Milk</p> <p>Pita Chips and Hummus</p>
	<p>Kix Cereal w/ 1% Milk</p> <p>Pretzels and Pickles</p>	<p>Bagels with cream cheese and Banana</p> <p>Pita and Hummus</p>	<p>Yogurt and Strawberries</p> <p>Graham Crackers and Apple Slices</p>	<p>Cottage Cheese and Blueberries</p> <p>Rice Cakes and Sun Butter</p>	<p>Fig Bars and 1% Milk</p> <p>Crackers and Pears</p>
	<p>Yogurt and Blueberries</p> <p>Apple slices and String Cheese</p>	<p>Cottage Cheese w/ Pineapple and Mango</p> <p>Pita chips and Hummus</p>	<p>Granola and Yogurt</p> <p>Pretzels and Pickles</p>	<p>Breakfast Bars and Applesauce</p> <p>Melon and Animal Crackers</p>	<p>Banana and 1% Milk</p> <p>Pita Chips and Hummus</p>