

Maryland State Department of Education
 Division of Early Childhood Development-Office of Child Care
WEEKLY SNACK MENU PLAN

Week Of November 1-3: 2017

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	Wednesday 1	THURSDAY 2	FRIDAY 3
	Age 1-2	Age 3-5	Age 6-12					
AM SUPPLEMENT-Choose 2								
Milk*	½ cup	1/2 cup	1 cup			water	water	milk
Fruit OR Vegetable	½ cup	½ cup	¾ cup			apple sauce	carrots	
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup			pretzels	club crackers	Muffin
Meat or meat alternate	½ oz	½ oz	1oz					
PM SUPPLEMENT- Choose 2								
Milk*	½ cup	1/2 cup	1 cup			water	water	water
Fruit OR Vegetable	½ cup	½ cup	¾ cup			yogurt	cheese sticks	Veggie sticks
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup			club crackers	club crackers	cheese sticks
Meat or meat alternate	½ oz	½ oz	1oz					

- Juice may not be served when milk is the only other component served at snack
- MSDE recommends children over age two receive low-fat(1%)or fat-free(skim)milk.

Maryland State Department of Education
 Division of Early Childhood Development-Office of Child care
WEEKLY SNACK MENU PLAN

Week of October 9-13 , 2017

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	Wednesday	Thursday	FRIDAY
	Age 1-2	Age 3-5	Age 6-12	6	7	8	9	10
AM SUPPLEMENT-Choose 2								
Milk*	½ cup	1/2 cup	1 cup	water	Water	milk	milk	milk
Fruit OR vegetable	½ cup	½ cup	¾ cup	apple sauce	Yogurt			
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	club crackers	club crackers	Rasin Bread	cheerios	cheerios
Meat or meat alternate	½ oz	½ oz	1oz					
PM SUPPLEMENT- Choose 2								
Milk*	½ cup	1/2 cup	1 cup	water	water	water	Water	Water
Fruit OR vegetable	½ cup	½ cup	¾ cup	cheese	mango	apple suace	cream cheese(tod,2,3,4) shredded cheese (mobile)	cheese sticks
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	peta bread	club crackers	club cracker	peta bread	chips or ritz
Meat or meat alternate	½ oz	½ oz	1oz					

- Juice may not be served when milk is the only other component served at snack.

- MSDE recommends children over age two receive low-fat(1%)or fat-free(skim)milk

Maryland State Department of Education
 Division of Early Childhood Development-Office of Child Care
WEEKLY SNACK MENU PLAN

Week of October 16-20, 2017

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
	Age 1-2	Age 3-5	Age 6-12					
AM SUPPLEMENT-Choose 2								
Milk*	½ cup	1/2 cup	1 cup	water	Water	Milk	milk	milk
Fruit OR vegetable	½ cup	½ cup	¾ cup	fruit cups	apple suace			
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	½ waffle	club	Cheerios	chez-its	veggie sticks
Meat or meat alternate	½ oz	½ oz	1oz					
PM SUPPLEMENT- Choose 2								
Milk*	½ cup	1/2 cup	1 cup	milk	Milk	water	water	Water
Fruit OR vegetable	½ cup	½ cup	¾ cup			cheese	cheese	pretzels
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Gold Fish	animal crackers	pretzels	2,3,4-chips rest-crackers	apple suace
Meat or meat alternate	½ oz	½ oz	1oz					

Juice may not be served when milk is the only other component served at snack

- MSDE recommends children over age two receive low-fat(1%)or fat-free(skim)milk

Maryland State Department of Education
 Division of Early Childhood Development-Office of Child Care
WEEKLY SNACK MENU PLAN

Week of October 23-27, 2017

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
	Age 1-2	Age 3-5	Age 6-12					
AM SUPPLEMENT-Choose 2 Water is served when milk is not								
Milk*	½ cup	¾ cup	1 cup	milk	milk	milk	center	center
Fruit OR vegetable	½ cup	½ cup	¾ cup				closed	closed
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	rasin bread	animal crackers	cheerios		
Meat or meat alternate	½ oz	½ oz	1oz					
PM SUPPLEMENT- Choose 2								
Milk*	½ cup	¾ cup	1 cup	water	water	water	center closed	center closed
Fruit OR vegetable	½ cup	½ cup	¾ cup	cheese	fruit cups	apple sauce		
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	ritz crackers	ritz crackers	rice cakes		
Meat or meat alternate	½ oz	½ oz	1oz					

Juice may not be served when milk is the only other component served at snack

- MSDE recommends children over age two receive low-fat(1%)or fat-free(skim)milk

Maryland State Department of Education
 Division of Early Childhood Development-Office of Child Care
Snack Menu Plan

Week Of: October 30-31, 2017

Year: 2017

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age 1-2	Age 3-5	Age 6-12	27	28	29	30	
AM SUPPLEMENT-Choose 2								
Milk*	½ cup	1/2cup	1 cup	milk	water	water	water	
Fruit OR vegetable	½ cup	½ cup	¾ cup		apple suace	mango	cheese	
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	cheez-its	club crackers	pretzels	peta bread	
Meat or meat alternate	½ oz	½ oz	1oz					
PM SUPPLEMENT- Choose 2								
Milk*	½ cup	1/2 cup	1 cup	water	milk	water	milk	
Fruit OR vegetable	½ cup	½ cup	¾ cup	cheese		cheese		
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	ritz crackers	cheerios	ritz	animal crackers	
Meat or meat alternate	½ oz	½ oz	1oz					

Juice may not be served when milk is the only other component served at snack

- MSDE recommends children over age two receive low-fat(1%)or fat-free(skim)milk

Maryland State Department of Education