

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

**Week Of October 1-5 2018**

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 1	TUESDAY 2	Wednesday 3	THURSDAY 4	FRIDAY 5
	Age 1-2	Age 3-5	Age 6-12					
<b>AM SUPPLEMENT-Choose 2</b>								
Milk*	½ cup	1/2 cup	1 cup	water	water	milk	water	milk
Fruit OR Vegetable	½ cup	½ cup	¾ cup	Green peas chips	apple		Fruit	
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	cup of fruit	pretzel	Rice cake	Pretzels	Belvita
Meat or meat alternate	½ oz	½ oz	1oz					
<b>PM SUPPLEMENT- Choose 2</b>								
Milk*	½ cup	1/2 cup	1 cup	water	Water	Water	milk	water
Fruit OR Vegetable	½ cup	½ cup	¾ cup	chicken	string cheese	Peach fruit		Apple sauce
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	cracker	cracker	cracker	Cheerios	club cracker
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.

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**WEEKLY SNACK MENU PLAN**

**Week of October 08-12, 2018**

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 08	TUESDAY 09	Wednesday 10	Thursday 11	FRIDAY 12
	Age 1-2	Age 3-5	Age 6-12					
<b>AM SUPPLEMENT-Choose 2</b>								
Milk*	½ cup	1/2 cup	1 cup	<b>water</b>	<b>water</b>	<b>milk</b>	<b>water</b>	<b>milk</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup	<b>mandarin fruit cup</b>	<b>apple Sauce</b>		<b>pears</b>	
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>club crackers</b>	<b>crackers</b>	<b>Veggie sticks</b>	<b>club crackers</b>	<b>cheerios</b>
Meat or meat alternate	½ oz	½ oz	1oz					
<b>PM SUPPLEMENT- Choose 2</b>								
Milk*	½ cup	1/2 cup	1 cup	<b>water</b>	<b>milk</b>	<b>water</b>	<b>Water</b>	<b>Water</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup	<b>strawberry</b>		<b>apple</b>	<b>turkey</b>	<b>fruit cup</b>
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>crackers</b>	<b>animal cookie</b>	<b>club cracker</b>	<b>pita bread</b>	<b>crackers</b>
Meat or meat alternate	½ oz	½ oz	1oz					

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**Week of October 15-19-2018**

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
	Age 1-2	Age 3-5	Age 6-12					
<b>AM SUPPLEMENT-Choose 2</b>								
Milk*	½ cup	1/2 cup	1 cup	<b>water</b>	<b>Water</b>	<b>Milk</b>	<b>milk</b>	<b>water</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup	<b>fruit cups</b>	<b>orange</b>			<b>apple</b>
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>½ waffle</b>	<b>Pretzel</b>	<b>Cheerios</b>	<b>Goldfish</b>	<b>crackers</b>
Meat or meat alternate	½ oz	½ oz	1oz					
<b>PM SUPPLEMENT- Choose 2</b>								
Milk*	½ cup	1/2 cup	1 cup	<b>water</b>	<b>water</b>	<b>water</b>	<b>water</b>	<b>milk</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup		<b>cheese</b>	<b>fruit cup</b>	<b>apple</b>	
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>veggie straws</b>	<b>club crackers</b>	<b>pretzel</b>	<b>Ritz crackers</b>	<b>muffin</b>
Meat or meat alternate	½ oz	½ oz	1oz					

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**Week of October 22-26 2018**

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
	Age 1-2	Age 3-5	Age 6-12					
<b>AM SUPPLEMENT-Choose 2</b> <span style="float: right;"><b>Water is served when milk is not</b></span>								
Milk*	½ cup	¾ cup	1 cup	<b>milk</b>	<b>water</b>	<b>milk</b>	<b>water</b>	<b>milk</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup		<b>turkey</b>		<b>string cheese</b>	
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>muffins</b>	<b>club cracker</b>	<b>cheerios</b>	<b>crackers</b>	<b>Raisins bread</b>
Meat or meat alternate	½ oz	½ oz	1oz					
<b>PM SUPPLEMENT- Choose 2</b>								
Milk*	½ cup	¾ cup	1 cup	<b>water</b>	<b>water</b>	<b>water</b>	<b>water</b>	<b>water</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup	<b>apples</b>	<b>fruit cups</b>	<b>black berries</b>	<b>cheese</b>	<b>turkey</b>
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>crackers</b>	<b>Ritz crackers</b>	<b>rice cakes</b>	<b>pita bread</b>	<b>cracker</b>
Meat or meat alternate	½ oz	½ oz	1oz					

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**Snack Menu Plan**

**Week Of: October 29-31-2018**

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY	FRIDAY
	Age 1-2	Age 3-5	Age 6-12					
<b>AM SUPPLEMENT-Choose 2</b>								
Milk*	½ cup	1/2cup	1 cup	<b>water</b>	<b>milk</b>	<b>water</b>		
Fruit OR vegetable	½ cup	½ cup	¾ cup	<b>fruit</b>				
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>cracker</b>	<b>muffin</b>	<b>pretzel</b>		
Meat or meat alternate	½ oz	½ oz	1oz					
<b>PM SUPPLEMENT- Choose 2</b>								
Milk*	½ cup	1/2 cup	1 cup	<b>milk</b>	<b>water</b>	<b>milk</b>		
Fruit OR vegetable	½ cup	½ cup	¾ cup		<b>cheese</b>			
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>pretzel</b>	<b>club cracker</b>	<b>goldfish</b>		
Meat or meat alternate	½ oz	½ oz	1oz					

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