

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

**Week Of October 2-6: 2017**

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 2	TUESDAY 3	Wednesday 4	THURSDAY 5	FRIDAY 6
	Age 1-2	Age 3-5	Age 6-12					
<b>AM SUPPLEMENT-Choose 2</b>								
Milk*	½ cup	1/2 cup	1 cup	water	milk	water	water	water
Fruit OR Vegetable	½ cup	½ cup	¾ cup	carrots		apple sauce	carrots	mandarin orange
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	cream cheese	muffins	pretzels	club crackers	Muffin
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	water	Milk
Fruit OR Vegetable	½ cup	½ cup	¾ cup	string cheese	mandarin orange	yogurt	mandarin orange	Veggie sticks
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	ritz crackers	club crackers	club crackers	club 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.

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**WEEKLY SNACK MENU PLAN**

**Week of October 9-13 , 2017**

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 09	TUESDAY 10	Wednesday 11	Thursday 12	FRIDAY 13
	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>Water</b>	<b>milk</b>	<b>milk</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup	<b>apple sauce</b>	<b>Yogurt</b>	<b>mandarin cups</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>club crackers</b>	<b>Rasin Bread</b>	<b>cheerios</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>water</b>	<b>water</b>	<b>Water</b>	<b>Water</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup	<b>cheese</b>	<b>mandarin</b>	<b>apple suace</b>	<b>cream cheese(tod,2,3,4) shredded cheese (mobile)</b>	<b>cheese sticks</b>
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>peta bread</b>	<b>club crackers</b>	<b>club cracker</b>	<b>peta bread</b>	<b>chips or ritz</b>
Meat or meat alternate	½ oz	½ oz	1oz					

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**Week of October 16-20, 2017**

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
	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>milk</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup	<b>fruit cups</b>	<b>apple suace</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>club</b>	<b>Cheerios</b>	<b>chez-its</b>	<b>veggie sticks</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>Milk</b>	<b>water</b>	<b>water</b>	<b>Water</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup			<b>cheese</b>	<b>cheese</b>	<b>pretzels</b>
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>Gold Fish</b>	<b>animal crackers</b>	<b>pretzels</b>	<b>2,3,4-chips rest-crackers</b>	<b>apple suace</b>
Meat or meat alternate	½ oz	½ oz	1oz					

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**Week of October 23-27, 2017**

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
	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>milk</b>	<b>milk</b>	<b>milk</b>	<b>milk</b>
Fruit OR vegetable	½ cup	½ cup	¾ cup					
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>rasin bread</b>	<b>animal crackers</b>	<b>cheerios</b>	<b>animal crackers</b>	<b>rasin 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>cheese</b>	<b>fruit cups</b>	<b>apple sauce</b>	<b>fruit cups</b>	<b>fruit cups</b>
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>ritz crackers</b>	<b>ritz crackers</b>	<b>rice cakes</b>	<b>club crackers</b>	<b>ritz crackers</b>
Meat or meat alternate	½ oz	½ oz	1oz					

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**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	30	31			
<b>AM SUPPLEMENT-Choose 2</b>								
Milk*	½ cup	1/2cup	1 cup	<b>milk</b>	<b>water</b>			
Fruit OR vegetable	½ cup	½ cup	¾ cup		<b>apple suace</b>			
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	<b>cheez-its</b>	<b>club 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>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>ritz crackers</b>	<b>cheerios</b>			
Meat or meat alternate	½ oz	½ oz	1oz					

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