

Maryland States of Education
 Division of Early Childhood Development-Office of Child Care
Weekly Snack Menu Plan

Week of October 3-7, 2022 – Center closed Staffs week work

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age 1-2	Age 3-5	Age 6-12	3	4	5	6	7
AM SUPPLEMENT-Choose 2								
Water is served when milk is not								
Milk*	½ cup	¾ cup	1 cup	Water	Water	Milk	Water	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup	American cheese	Yogurt		Yogurt	
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Pita Bread	Crackers	Bel-vita	Veggies straw	Animal Crackers
Meat or meat alternate	½ oz	½ oz	1oz					
PM SUPPLEMENT- Choose 2								
Milk*	½ cup	¾ cup	1 cup	Water	Water	Water	Water	water
Fruit OR vegetable	½ cup	½ cup	¾ cup	Fruit cup	Fresh fruit	Fresh fruit	Fruit cup	Fruit
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Cheez-it	Veggies	Crackers	Goldfish	Pretzel
Meat or meat alternate	½ oz	½ oz	1oz					

Maryland States Department of Education Division Early Childhood office of Child Care
Weekly Snack Menu Plan

Week of October 10-14, 2022

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age 1-2	Age 3-5	Age 6-12	10	11	12	13	14
AM SUPPLEMENT-Choose 2				Water is served when milk is not				
Milk*	½ cup	¾ cup	1 cup	Milk	Water	Water	Water	water
Fruit OR vegetable	½ cup	½ cup	¾ cup		Fruit cup	Fresh Fruit	Fruit cup	Veggie
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Raisin bread	Pretzel	cracker	cracker	cracker
Meat or meat alternate	½ oz	½ oz	1oz					
PM SUPPLEMENT- Choose 2								
Milk*	½ cup	¾ cup	1 cup	Water	Milk	Water	Milk	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup	Fresh Fruit		String cheese		
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	cracker	Animal cookie	cracker	cheerio	Rice roller
Meat or meat alternate	½ oz	½ oz	1oz					

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

Week of October 17- 21, 2022

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
	Age 1-2	Age 3-5	Age 6-12					
AM SUPPLEMENT-Choose 2								
Milk*	½ cup	1/2 cup	1 cup	Milk	Water	Milk	Water	milk
Fruit OR vegetable	½ cup	½ cup	¾ cup		Fruit cup		Fresh fruit	
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Waffle	Pretzel	Cheerios		Animal crackers
Meat or meat alternate	½ oz	½ oz	1oz					
PM SUPPLEMENT- Choose 2								
Milk*	½ cup	1/2 cup	1 cup	water	water	water	Milk	water
Fruit OR vegetable	½ cup	½ cup	¾ cup	Fresh fruit	String cheese			
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	veggie straws	crackers	cracker	Gold fish	cracker
Meat or meat alternate	½ oz	½ oz	1oz					

Maryland States of Education
 Division of Early Childhood Development-Office of Child Care
Weekly Snack Menu Plan

Week of October 24-28, 2022 – Center closed Staffs week work

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age 1-2	Age 3-5	Age 6-12	24	25	26	27	28
AM SUPPLEMENT-Choose 2 Water is served when milk is not								
Milk*	½ cup	¾ cup	1 cup	Water	Water	Milk	Water	Water
Fruit OR vegetable	½ cup	½ cup	¾ cup	Yogurt	Cheese		Cheese	Fruit Cup
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Crackers	Crackers	Cheerios	Pita Bread	Goldfish
Meat or meat alternate	½ oz	½ oz	1oz					
PM SUPPLEMENT- Choose 2								
Milk*	½ cup	¾ cup	1 cup	Water	Water	Water	Water	Milk
Fruit OR vegetable	½ cup	½ cup	¾ cup	Fruit cup	Fresh Fruit	Apple Sauce	Fruit Cup	
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Cracker	Cracker	Crackers	Crackers	Rice Roll
Meat or meat alternate	½ oz	½ oz	1oz					

WEEKLY SNACK MENU PLAN

Week of October 25-29, 2021

MEAL REQUIREMENTS	PORTION SIZES			MONDAY 31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	Water				
Fruit OR vegetable	½ cup	½ cup	¾ cup	String cheese				
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Cracker				
Meat or meat alternate	½ oz.	½ oz.	1oz					
PM SUPPLEMENT- Choose 2								
Milk*	½ cup	¾ cup	1 cup	water				
Fruit OR vegetable	½ cup	½ cup	¾ cup	Fresh fruit				
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup	Veggie straw				
Meat or meat alternate	½ oz.	½ oz.	1oz					

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