

National Children's Center NSLP Snack Menu

Early Intervention Program - Ages 3 -5

Feb-16

NSLP		Early Intervention Program - Ages 3 -5			Feb-16
Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 1% or Fat-Free Milk 1/2 cup Wheat Thin Crackers 1-oz	1 Cheerios 1/3 cup 100% Apple Juice 1/2 cup 	2 String Cheese 1-oz Peaches 1/2 cup 	3 WG Graham Crackers 1 oz Yogurt 2 oz 	4 Apple Muffin 1 oz Fruit Cup 1/2 cup 	
Week 2 WG Gold Fish Crackers 1 oz 100% Apple Juice 1/2 cup 	8 1% or Fat-Free Milk 1/2 cup Kix Cereal 1/3 cup 	9 Blueberry Muffin 1 oz Yogurt 2 oz 	10 Animal Crackers 1 oz Banana 1/2 cup 	11 Early Intervention Program Dismiss	
Week 3 	16 Cheerios 1 oz 100% Orange Juice 1/2 cup 	17 String Cheese 1-oz Peaches 1/2 cup 	18 WG Graham Crackers 1 oz Yogurt 2 oz 	19 Blueberry Muffin 1 oz Fruit Cup 1/2 cup 	
Week 4 WG Gold Fish Crackers 1 oz 100% Grape Juice 1/2 cup 	22 1% or Fat-Free Milk 1/2 cup Kix Cereal 1 oz 	23 Blueberry Muffin 1 oz Yogurt 2 oz 	24 WG Crackers 1 oz Banana 1/2 cup 	25 String Cheese 1-oz Carrots 1/2 cup 	
Week 5=2 WG Gold Fish Crackers 1 oz 100% Apple Juice 1/2 cup 	29 	30 Blueberry Muffin 1 oz Yogurt 2 oz 	31 WG Graham Crackers 1 oz Yogurt 2 oz Banana 1/2 cup 	32 	

*Whole Milk for children between the ages of 1 and 2; 1% or Fat Free Milk for children age 2 and older