

## Fort Recovery Preschool Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese (0) & Crackers 4 crackers (9) Milk	Cereal ½ cup (13) Milk	Graham Crackers 2 ½" square (5) Milk	Goldfish Crackers 55 crackers (20) Milk	Applesauce ½ cup (21) Milk
Pretzels w/p. butter 5 oz. Pretzel (5) Milk	Apple 4 oz. w/ p. butter (apple 13) Milk	Cereal ½ cup (13) Milk	Vanilla Wafers 8 wafers (21) Milk	Peanut Butter Crackers 4 crackers (15) Milk
Peanut Butter Bread (19 per slice)Milk	Pudding 3.5 oz. (21) Milk	String Cheese (0) Milk	Meat (0)/Cheese(0) & Crackers 4 crackers (9) Milk	Carrots (0) & Ranch Dip 3 oz. (8) Milk
Teddy Grahams 24 grahams (23) Milk	Vanilla Wafer 8 wafers (21) Milk	Chips & Salsa Milk	Mandarin Oranges ½ cup (21) Milk	Pretzels 5 oz. Pretzel (5) Milk
Grapes (1) per grape Milk	Yogurt 4 oz. (20) Milk	Animal Crackers 1 oz. (23) Milk	Peanut Butter & Jelly Bread Per slice (25)Milk	½ banana Milk

Meat – 1½ oz., Fruit - ½ cup, Vegetable - ½ cup, Milk - ½ cup

1 cup white milk = 13 carbs

1 cup chocolate milk = 20 carbs.

4 oz. Fruit juice = 15 carbs

Number in ( ) is a carb count