

# Snack Menu

## USDA Requirements for ages 6-12

### Snack

Milk 1 cup

Meat/Meat Alternatives 1 oz

Vegetables  $\frac{3}{4}$  c

Fruit  $\frac{3}{4}$  c

Grains 1 oz

Monday	Tuesday	Wednesday	Thursday	Friday
Saltines and cheese sticks	chips and veggie	Fig bars and fruit	Yogurt and fruit	Bagels and cream cheese
Graham crackers and milk	Go gurts and fruit	Nutrigrain bars and fruit	chips and veggies	English muffins
Fruit and Granola bars	Quaker rice crisps and veggies	Fig bars and milk	crackers and juice	Cereal and milk
chips and veggies	Yoplait and fruit	Granola bars and fruit	Wheat thins and veggies	Beef stick and cheese