



# Little Stars Snack



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	½ Orange ½ cup Seaweed ½ English Muffin butter ½ Boiled Egg ½ cup of 1 % Milk	½ cup Cut Grapes ½ cup Bell peppers ½ slice Bagel ½ oz. Crème Cheese ½ cup of 1 % Milk	½ Apple ½ cup Cucumber ⅓ cup Wheat Crackers ½ oz Cheese ½ cup of 1 % Milk	½ Banana ½ cup Tomato Salsa ⅓ cup Tortilla chips ½ oz slice Beef Jerky ½ cup of 1 %Milk	½ cup Seasonal Berries ½ cup Celery stick ½ Wheat Toast 1 Tbsp Sunflower butter ½ cup of 1 % Milk
Week 2	½ cup Seasonal Berries ½ cup Celery stick ½ oz Ranch Dressing ½ oz Pancake ½ cup of 1 % Milk	½ cup Cut Grapes ½ cup Cucumber ½ slice Bagel w butter ½ cup Tuna fish ½ cup of 1 % Milk	½ Banana ½ cup Bell peppers ⅓ cup Pita chips ½ cup Hummus ½ cup of 1 % Milk	½ cup Seasonal Berries ½ cup Baby Carrots ½ Wheat Toast ½ oz. Crème Cheese ½ cup of 1 % Milk	½ Apple ½ cup Cucumber ⅓ cup Wheat Crackers ½ oz Cheese ½ cup of 1 % Milk
Week 3	½ cup Seasonal Berries ½ cup Baby Carrots ½ oz Waffle ½ oz Cheese ½ cup of 1 % Milk	½ Apple ½ cup Cucumber ½ oz Pancake w Jam ½ cup Cottage Cheese ½ cup of 1 % Milk	½ Banana ½ cup Cherry Tomatoes ½ oz Cheese ¼ Quesadilla ½ cup of 1 % Milk	½ Orange ½ cup Cucumber ⅓ cup Wheat Pretzels ½ oz slice Beef Jerky ½ cup of 1 % Milk	½ cup Seasonal Berries ½ cup Baby Carrots ⅓ cup Cereal ½ cup Yogurt ½ cup of 1 % Milk
Week 4	½ cup Seasonal Berries ½ cup Baby Carrots ⅓ cup Cereal ½ cup Yogurt ½ cup of 1 % Milk	½ Apple ½ cup Cucumber ⅓ cup Wheat Crackers ½ oz Cheese ½ cup of 1 % Milk	½ Banana ½ cup Bell peppers ⅓ cup Pita chips ½ cup Hummus ½ cup of 1 % Milk	½ cup Cut Grapes ½ cup Cherry Tomatoes ⅓ cup Wheat Toast ½ oz Cheese ½ cup of 1 % Milk	½ cup Cut Grapes ½ cup Seaweed ½ slice Bagel ½ oz. Crème Cheese ½ cup of 1 % Milk

**Fluids:** ½ cup of unflavored Milk offered at ALL meals\*) and there is unlimited access to clean drinking water. ½ cup of low-fat 1% milk, Fat Free/Skim milk or Soy milk

**Meat or Meat alternative pick one serving:** ½ oz of - Ham, Chicken, Beef Jerky, Salami, Cheese, Cream Cheese, Cottage cheese, Hummus, Tuna Fish, Yogurt, 1 Tbsp Sunflower butter, 2 Tbsp Tofu, ½ Egg, or 2 Tbsp Dried beans or peas. **Both a Fruit AND Vegetable will be served at each snack time** ½ cup Fruit AND Vegetables or substitute of ½ cup of 100 % fruit or vegetable juice

**Grain, Bread or Cereal pick one serving:** ½ slice bread, ⅓ cup cereal, ⅓ cup Brown Rice, ½ cup of Organic Popcorn, ¼ slice Whole wheat Tortilla or ⅓ cup Whole wheat Pasta

*Note that: Cookies, Cake, Chocolate or Candy may NOT be served unless given special permission*

**Little Star Snack Menu Date:**

1	Monday *	Tuesday *	Wednesday *	Thursday *	Friday *
W e e k	½ Orange ½ cup Seaweed ½ English Muffin butter ½ Boiled Egg ½ cup of 1 % Milk	½ cup Cut Grapes ½ cup Bell peppers ½ slice Bagel ½ oz. Crème Cheese ½ cup of 1 % Milk	½ Apple ½ cup Cucumber ⅓ cup Wheat Crackers ½ oz Cheese ½ cup of 1 % Milk	½ Banana ½ cup Tomato Salsa ⅓ cup Tortilla chips ½ oz slice Beef Jerky ½ cup of 1 %Milk	½ cup Seasonal Berries ½ cup Celery stick ½ Wheat Toast 1 Tbsp Sunflower butter ½ cup of 1 % Milk
S e r v e d					

*Note that: Cookies, Cake, Chocolate or Candy may NOT be served unless given special permission*

**Fluids**

**½ cup of unflavored Milk** must be offered at **ALL meals\***) and there must be unlimited access to clean drinking water. ½ cup of low-fat 1% milk, Fat Free/Skim milk or Soy milk

**Meat or Meat alternative - pick one serving:**

½ oz of - Ham, Chicken, Beef Jerky, Salami, Cheese, Cream Cheese, Cottage cheese, Hummus, Tuna Fish, Yogurt, 1 Tbsp Sunflower butter, 2 Tbsp Tofu, ½ Egg, or 2 Tbsp Dried beans or peas.

**Both a Fruit AND Vegetable must be served at each snack time**

½ cup Fruit AND Vegetables or ½ cup of 100 % Fruit Juice or Vegetable Juice as a **substitute (only once per day)**

**Grain, Bread or Cereal - pick one serving:**

½ slice bread, ⅓ cup cereal, ⅓ cup Brown Rice, ⅓ cup of Organic Popcorn, ¼ slice Whole wheat Tortilla or ⅓ cup Whole wheat Pasta

*See separate list of suggested food for each category*

**Little Star Snack Menu Date:**

2	Monday *	Tuesday *	Wednesday *	Thursday *	Friday *
W e e k	½ cup Seasonal Berries ½ cup Celery stick ½ oz Ranch Dressing ½ oz Pancake ½ cup of 1 % Milk	½ cup Cut Grapes ½ cup Cucumber ½ slice Bagel w butter ½ cup Tuna fish ½ cup of 1 % Milk	½ Banana ½ cup Bell peppers ⅓ cup Pita chips ½ cup Hummus ½ cup of 1 % Milk	½ cup Seasonal Berries ½ cup Baby Carrots ½ Wheat Toast ½ oz. Crème Cheese ½ cup of 1 % Milk	½ Apple ½ cup Cucumber ⅓ cup Wheat Crackers ½ oz Cheese ½ cup of 1 % Milk
S e r v e d					

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3	Monday *	Tuesday *	Wednesday *	Thursday *	Friday *
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**Fluids**

½ cup of unflavored Milk must be offered at ALL meals\*) and there must be unlimited access to clean drinking water. ½ cup of low-fat 1% milk, Fat Free/Skim milk or Soy milk

**Meat or Meat alternative - pick one serving:**

½ oz of - Ham, Chicken, Beef Jerky, Salami, Cheese, Cream Cheese, Cottage cheese, Hummus, Tuna Fish, Yogurt, 1 Tbsp Sunflower butter, 2 Tbsp Tofu, ½ Egg, or 2 Tbsp Dried beans or peas.

**Both a Fruit AND Vegetable must be served at each snack time**

½ cup Fruit AND Vegetables or ½ cup of 100 % Fruit Juice or Vegetable Juice as a substitute (only once per day)

**Grain, Bread or Cereal - pick one serving:**

½ slice bread, ⅓ cup cereal, ⅓ cup Brown Rice, ⅓ cup of Organic Popcorn, ¼ slice Whole wheat Tortilla or ⅓ cup Whole wheat Pasta

*See separate list of suggested food for each category*

**Little Star Snack Menu Date:**

W e e k 3	½ cup Seasonal Berries ½ cup Baby Carrots ½ oz Waffle ½ oz Cheese ½ cup of 1 % Milk	½ Apple ½ cup Cucumber ½ oz Pancake w Jam ½ cup Cottage Cheese ½ cup of 1 % Milk	½ Banana ½ cup Cherry Tomatoes ½ oz Cheese ¼ Quesadilla ½ cup of 1 % Milk	½ Orange ½ cup Cucumber ⅓ cup Wheat Pretzels ½ oz slice Beef Jerky ½ cup of 1 % Milk	½ cup Seasonal Berries ½ cup Baby Carrots ⅓ cup Cereal ½ cup Yogurt ½ cup of 1 % Milk
S e r v e d					

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**Meat or Meat alternative - pick one serving:**

½ oz of - Ham, Chicken, Beef Jerky, Salami, Cheese, Cream Cheese, Cottage cheese, Hummus, Tuna Fish, Yogurt, 1 Tbsp Sunflower butter, 2 Tbsp Tofu, ½ Egg, or 2 Tbsp Dried beans or peas.

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**Grain, Bread or Cereal - pick one serving:**

½ slice bread, ⅓ cup cereal, ⅓ cup Brown Rice, ⅓ cup of Organic Popcorn, ¼ slice Whole wheat Tortilla or ⅓ cup Whole wheat Pasta

*See separate list of suggested food for each category*

**Little Star Snack Menu Date:**

W	½ cup Seasonal Berries	½ Apple	½ Banana	½ cup Cut Grapes	½ cup Cut Grapes
e	½ cup Baby Carrots	½ cup Cucumber	½ cup Bell peppers	½ cup Cherry Tomatoes	½ cup Seaweed
e	⅓ cup Cereal	⅓ cup Wheat Crackers	⅓ cup Pita chips	⅓ cup Wheat Toast	½ slice Bagel
k	½ cup Yogurt	½ oz Cheese	½ cup Hummus	½ oz Cheese	½ oz. Crème Cheese
4	½ cup of 1 % Milk	½ cup of 1 % Milk	½ cup of 1 % Milk	½ cup of 1 % Milk	½ cup of 1 % Milk
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**Grain, Bread or Cereal - pick one serving:**

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*See separate list of suggested food for each category*