

August 2022 Head Start Snack Menu

Mon	Tue	Wed	Thu	Fri
<p><u>Serving size:</u> Milk=1/2 cup Fruit/veg.=1/2 cup Bread=1/2 slice Meat/fish=1/2 oz. Cheese=1/2 oz. Peanut butter=1 Tbsp Yogurt 2 oz.</p>	<p>Menus are subject to change Review all labels and make appropriate changes for modified diets</p>			
				12 Pretzels Cheese Cubes Water
15 Goldfish Milk	16 Animal Crackers Banana Water	17 Broccoli & Cauliflower Dip Milk	18 Tortilla Chips Salsa Milk	19 Wheat Thins Milk
22 Strawberries and Blueberries Milk	23 Cheese Nips Pickle Water	24 Cottage Cheese Cherry Tomatoes Water	25 Carrots with Dip Wheat Crackers Water	26 1/2 Peanut Butter Sandwich Milk
29 Pita Chips Hummus Water	30 Graham Crackers Milk	31 Cucumbers & Snap Peas Dip Milk		