

## The Growing Patch Academy Snack Menu 2024-2025

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Toddler (1-2)	<p><b>Breakfast:</b> 1/2c Cheerios 4oz Whole Milk 1/2 of a Clementine</p> <p><b>Afternoon Snack:</b> 5 Ritz Crackers 1 Cheese Stick Water</p>	<p><b>Breakfast:</b> 1/2 Slice of Toast 4oz Whole Milk Slices of Apple</p> <p><b>Afternoon Snack:</b> 10-15 Goldfish Crackers 4oz of Juice</p>	<p><b>Breakfast:</b> 1/2c Cornflakes 4oz Whole Milk 1/4c Sliced Grapes</p> <p><b>Afternoon Snack:</b> 2 Graham Cracker Sheets 4 oz Whole Milk Water</p>	<p><b>Breakfast:</b> 1/2 English Muffin 4oz Whole Milk 4 Slices of Apple</p> <p><b>Afternoon Snack:</b> 7- 10 Cheezits, and 4oz of Juice</p>	<p><b>Breakfast:</b> 3/4c Chex 4oz Whole Milk 1/2 of a Clementine</p> <p><b>Afternoon Snack:</b> 8 oz of Smoothie with fruit, milk and water.</p>
Toddler (2-3)	<p><b>Breakfast:</b> 1/2c Cheerios 4oz Whole Milk (1% Milk at 2yr2month) 1/2 of a Clementine</p> <p><b>Afternoon Snack:</b> 7 Ritz Crackers 1 Cheese Stick Water</p>	<p><b>Breakfast:</b> 1/2 Slice of Toast 4oz Whole Milk (1% Milk at 2yr2month) 4 Slices of Apple</p> <p><b>Afternoon Snack:</b> 26 Min Goldfish Crackers and 4oz of Juice</p>	<p><b>Breakfast:</b> 1/4c Cornflakes 4oz Whole Milk (1% Milk at 2yr2month) 1/2c Sliced Grapes</p> <p><b>Afternoon Snack:</b> 2 Graham Cracker Sheets 4oz Whole Milk</p>	<p><b>Breakfast:</b> 1 /2 English Muffin 4oz Whole Milk (1% Milk at 2yr2month) 4 Slices of Apple</p> <p><b>Afternoon Snack:</b> 7- 10 Cheezits, and 4oz of Juice</p>	<p><b>Breakfast:</b> 1/2c Chex 4oz Whole Milk (1% Milk at 2yr2month) 1/2 of a Clementine</p> <p><b>Afternoon Snack:</b> 8 oz of Smoothie with fruit, milk and water.</p>
Pre-School(3-5)	<p><b>Breakfast:</b> 3/4c Cheerios 6oz 1% Milk 1/2 of a Clementine</p> <p><b>Afternoon Snack:</b> 7 Ritz Crackers 1 Cheese Stick Water</p>	<p><b>Breakfast:</b> 1/2 Slice of Toast 6oz 1% Milk 4 Slices of Apple</p> <p><b>Afternoon Snack:</b> 20 Goldfish Crackers and 4oz of Juice</p>	<p><b>Breakfast:</b> 1/4c Cornflakes 6oz 1% Milk 1/2c Sliced Grapes</p> <p><b>Afternoon Snack:</b> 2 Graham Cracker Sheets 4oz of 2% Milk</p>	<p><b>Breakfast:</b> 1/2 English Muffin 6oz 1% Milk 4 Slices of Apple</p> <p><b>Afternoon Snack:</b> 10-12 Cheezits, and 4oz of Juice</p>	<p><b>Breakfast Snack:</b> 3/4c Chex 6oz 1% Milk 1/2 of a Clementine</p> <p><b>Afternoon Snack:</b> 8 oz of Smoothie with fruit, milk and water.</p>
School Age (5-9)	<p><b>Breakfast:</b> 1c Cheerios 8oz 1% Milk 1/2 of a Clementine</p> <p><b>Afternoon Snack:</b> 7- 9 Ritz crackers 1 Cheese Stick Water</p>	<p><b>Breakfast:</b> 1 Slice of Toast 8oz 1% Milk 4 Slices of Apple</p> <p><b>Afternoon Snack:</b> 52 Goldfish Crackers and 6oz of Juice</p>	<p><b>Breakfast:</b> 1c Cornflakes 8oz 1% Milk 1/2c Sliced Grapes</p> <p><b>Afternoon Snack:</b> 2 Graham Cracker Sheets 4oz of 2% Milk</p>	<p><b>Breakfast:</b> 1 English Muffin 8oz 1% Milk 4 Slices of Apple</p> <p><b>Afternoon Snack:</b> 17 Cheezits, and 6oz of Juice</p>	<p><b>Breakfast:</b> 11/4c Chex 8oz 1% Milk 1/2 of a Clementine</p> <p><b>Afternoon Snack:</b> 10 oz of Smoothie with fruit, milk and water.</p>

Menu is subject to change due to availability and seasonality of items. Revised 12/13/23  
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