November/December 2020 Snack Menu

**Preschool Program:**
- **Morning Snack:**
  - Oatmeal with Fruit
  - (Bananas, Apples, Pears, Etc.)

- **Afternoon Snack:**
  - Rice with Butter
  - Fresh Vegetables
  - (Cooked Peas, Corn, Sweet Potatoes or Raw Bell Pepper & Cucumber)
  - Natural Cheddar Cheese & Black Beans

**Older Toddler Program:**
- **Morning Snack:**
  - Oatmeal
  - Fruit (Apples or Bananas)

- **Afternoon Snack:**
  - Barley with Butter
  - Shredded Cheddar Cheese
  - Cooked Peas & Carrots

**Young Toddler Program:**
- **Morning Snack:**
  - Oatmeal with Bananas or Applesauce

- **Afternoon Snack:**
  - Rice or Millet with Butter
  - Cooked Vegetables (corn, peas, carrots, sweet potatoes)
  - Natural Cheddar Cheese

**All snacks served with water and milk. Rice or Soy milk are available as milk alternatives upon request.**

**All snacks are served Monday through Friday. Menu will rotate and change monthly.**