



Region 7 Education Service Center, Kilgore, Texas 75662

## CYCLE SNACK MENUS 2018-2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Yogurt Mandarin oranges Water	Teddy Grahams  White Milk	Muffin Applesauce  Water	Cheese stick 1/2 c. Fresh Fruit Water	Goldfish crackers Peaches Water
<b>Week 2</b>	Teddy Grahams  White milk	Cheese stick Mandarin oranges Water	Muffin Applesauce  Water	Yogurt Peaches  Water	Goldfish Crackers 1/2 c. Fresh Fruit Water
<b>Week 3</b>	Cheese stick Applesauce  Water	Muffin 1/2 c. Fresh Fruit Water	Cheese stick Peaches Water	Teddy Grahams  White milk	Goldfish crackers Pears Water

The goal is to offer to the children Head Start snacks that are high in nutrients, low in sugar, salt and fat. HSPPS 1302.44 (a) (2) (iii). Head Start Snacks follow the CACFP guidelines.

- The weekly menu is flexible. For example, Thursday snack choice can be used on Monday and Monday snack choice can be used on Thursday as necessary. A half cup is the portion size to serve of fruits or vegetables. Cheese sticks or grain items may be ½ ounce or larger.
- Do not repeat a snack more than twice a week, to promote a variety of foods.
- If a substitution must be made, substitute with like kind. Examples: Citrus or vitamin C source for a Vitamin C (such as strawberries, mandarin oranges, or pineapple) or a deep orange or green Vitamin A source for Vitamin A (such as nectarine, apricots, or melons). Post individual child food allergies prominently wherever food is served.
- Low Fat Milk choice - 1% or Skim - should be white.
- If you have morning/afternoon snack time, choose a snack not offered at breakfast/lunch.
- Water is required as a beverage for all snacks even when other beverages are offered to encourage children to drink water.
- If you have any questions contact –Jerolyn Goodman, RDN, LDN, Nutrition Specialist [jgoodman@esc7.net](mailto:jgoodman@esc7.net) or (903) 988-7621.**

*“Region 7 Education Service Center is committed to student success by providing quality programs and services that meet or exceed our customers’ expectations.”*