

# Sarah Heinz March 2019 Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2
				4 oz Flavored Yogurt Apple	1oz WGR Giant Gold Fish 8oz Milk
				*Sites must offer water to all kids alongside snack*	
4	5	6	7	8	9
1 oz WGR Pretzels 3/4 C Strawberries Bowls	1oz WGR Cheezit 3/4 C Peaches Bowls	3/4 C Carrot Sticks Ranch Packet 6 oz Apple Juice	1oz WGR Graham Crackers 3/4 C Fruit Salad Bowls	1 oz String Cheese 1 oz WGR Saltines	1oz WGR Frosted Mini Wheats 8oz 1% Unflavored Milk
				*Sites must offer water to all kids alongside snack*	
11	12	13	14	15	16
1 oz WGR Tortilla Chips 3/4 C Salsa Bowls	1 oz (2 packs) WGR Graham Crackers Banana	1 oz WGR Cheddar Sun Chips 3/4 C Pepper Strips	1 oz American Cheese Slices 1 oz (2 packs) WGR Saltines	4 oz Flavored Yogurt Apple	1oz WGR Giant Gold Fish 8oz 1% Unflavored Milk
				*Sites must offer water to all kids alongside snack*	
18	19	20	21	22	23
1 oz WGR Pretzels 3/4 C Strawberries Bowls	1oz WGR Cheezit 3/4 C Peaches Bowls	3/4 C Carrot Sticks Ranch Packet 6 oz Apple Juice	1oz WGR Graham Crackers 3/4 C Fruit Salad Bowls	1 oz String Cheese 1 oz (2 packs) WGR Saltines	1oz WGR Cheerios 8oz 1% Unflavored Milk
				*Sites must offer water to all kids alongside snack*	
25	26	27	28	29	30
1 oz WGR Tortilla Chips 3/4 C Salsa Bowls	1 oz WGR Graham Crackers Banana	1 oz WGR Cheddar Sun Chips 3/4 C Pepper Strips	1 oz American Cheese Slices 1 oz (2 packs) WGR Saltines	4 oz Flavored Yogurt Apple	1oz WGR Giant Gold Fish 8oz Milk
				*Sites must offer water to all kids alongside snack*	