

2009 Snack Menu

July 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bran Flakes 7/6 Milk	Cream of Rice 7/7 Raspberries-C Milk	Whole Grain 7/8 Wheat Toast Cream Cheese Milk	Raspberry Yogurt 7/9 Orange Slices-C Milk	Pita 7/10 Homemade Hummus Water
Whole Grain Pasta w/ organic bell peppers-A, C Mozzarella Water	Brown Rice Cheddar Water	Cheese Quesadilla Salsa- A, C Water	Snap Peas& Org. Spinach Homemade White Bean Dip Water	Homemade Zucchini Bread- A, C Milk
Organic Rich Crackers Banana Chips Water	Oyster Crackers Dried Mango Water	Trail Mix Water	Animal Crackers Raisins Water	Hard Pretzels Prunes Water
Cornflakes 7/13 Milk	Whole Grain HM 7/14 French Toast Syrup Milk	Homemade 7/15 Cinnamon Oatmeal-A Milk	Crispix 7/16 Milk	Mini Bagels 7/17 Apricot Preserves Milk
Homemade Caprese Salad- A, C** Water	Club Crackers Pineapple Juice-C	Bread Sticks Orange Juice-C	Homemade Fruit Smoothies- A, C Cheddar Squares****	Cucumbers-C, Mushrooms Homemade Ranch Soft Pretzels Water
Butter Crackers Dried Apricots Water	Sesame Crackers Sundried Tomatoes Water	Homemade Granola Bars Water	Wheat Crackers Dried Dates Water	Water Crackers Dried Pineapple Water
Rice Crispiers 7/20 Milk	Whole Grain 7/21 Wheat English Muffins HM Rhubarb Jelly-C Milk	Scrambled Eggs 7/22 Milk	Homemade Oatmeal 7/23 Pancakes-A Milk	Whole Grain 7/24 Wheat Toast Whipped Butter Milk
Chips Salsa- A, C Water	Organic Graham Crackers Watermelon- A, C Water	Blackberry Yogurt Blueberries-C Water	Wheat Thins Orange Slices-C Water	Homemade Cucumber Salad-C Water
Organic Rich Crackers Banana Chips Water	Oyster Crackers Dried Mango Water	Trail Mix Water	Animal Crackers Raisins Water	Hard Pretzels Prunes Water
Bran Flakes 7/27 Milk	String Cheese 7/28 Orange Juice-C	Homemade Pumpkin 7/29 Pancakes-A Syrup Milk	Crispix 7/30 Milk	Mini Bagels 7/31 Cream Cheese Milk
Organic Spinach w/ Carrots-A, C, Homemade Lemon Tahini Dressing Water	Pita Homemade Basil Hummus** Water	Homemade Cantaloupe Salad- A, C Water	Cheddar Squares**** Pineapple-C Water	Homemade Zucchini Bread-A, C Pineapple Juice-C
Butter Crackers Dried Apricots Water	Sesame Crackers Sundried Tomatoes Water	Homemade Granola Bars Water	Wheat Crackers Dried Dates Water	Water Crackers Dried Pineapple Water

Toddler Substitutions:

wheat thins= organic graham crackers
 tortilla chips = soft corn tortilla
 oranges = mandarin oranges
 hard pretzels = club crackers
 breadsticks=rolls
 banana chips=raisins
 grapefruit=canned grapefruit
 prunes= craisins

Portion Sizes (per child):

fruits/vegetables = 1/2 cup (4 oz.)
 bread = 1/2 slice bread (4 oz.)

HUTCH KIDS CHILD CARE

*Contains organic bananas
 **Contains organic basil
 ***Contains organic carrots
 ****Hormone free