

The Growing Patch Academy 4 Week Snack Cycle Menu 2023-2024 B=Breakfast Snack

A=Afternoon Snack

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p>B: 1/2-1c Cheerios w/ 6-8oz milk, 1/2c seasonal fruits</p> <p>A: 1/2-3/4c seasonal fruits, 4-7 saltine crackers, water</p>	<p>B: 3 mini WG pancakes (3"pancake), 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 1/2-3/4c Sticks of cucumbers, 1/2-1oz cheddar cheese stick</p>	<p>B: 1/2-1 slice WG toast w/cream cheese, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 1/2-1 9" WG tortilla cheese (1/2-1oz) quesadillas, water</p>	<p>B: 1-1 1/2 serving WG 4" sq./rd. Eggo waffle, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 1-2 WG graham cracker w/ 1-2 Tbs. peanut butter, water</p>	<p>B: 3/4 eggs, 1/2-1 slice WG toast, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 26-52 pcs goldfish, 1/2-3/4c seasonal fruits and 4-8oz milk (1c smoothie)</p>
2	<p>B: 1/2-1 slice WG English muffin cinnamon raisin w/ cream cheese, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 1-2 WG graham cracker w/ 1-2 tbsp. peanut butter, 4-8oz milk</p>	<p>B: 1/8-1/4c granola w/ 1/8-1/4c Greek yogurt, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 4-7 Ritz crackers, 1/2-1oz cheddar cheese sticks</p>	<p>B: 1/2c seasonal fruits, 1/2-1 slice WG toast, 6-8oz milk</p> <p>A: 8-16pcs (1/3c) animal crackers, 1/2-3/4c seasonal fruits, water</p>	<p>B: 1/2-1 slice WG toast w/cream cheese, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 1/2-1 9" WG tortilla cheese (1/2-1oz) quesadillas, water</p>	<p>B: 1/2-1c Cheerios w/ 6-8oz milk, 1/2c seasonal fruits</p> <p>A: 6 sticks cucumbers, 1/2-3/4c seasonal fruits and 4-8oz milk/100% apple juice (1c smoothie)</p>
3	<p>B: 1/2-1c Cheerios w/ 6-8oz milk, 1/2c seasonal fruits</p> <p>A: 1/2-3/4c seasonal fruits, 4-7 saltine crackers, water</p>	<p>B: 3 mini WG pancakes (3"pancake), 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 1/2-3/4c Sticks of cucumbers, 1/2-1oz cheddar cheese stick</p>	<p>B: 1/2-1 slice WG toast w/cream cheese, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 1/2-1 9" WG tortilla cheese (1/2-1oz) quesadillas, water</p>	<p>B: 1-1 1/2 serving WG 4" sq./rd. Eggo waffle, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 1-2 WG graham cracker w/ 1-2 Tbs. peanut butter, water</p>	<p>B: 3/4 eggs, 1/2-1 slice WG toast, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 26-52 pcs goldfish, 1/2-3/4c seasonal fruits and 4-8oz milk (1c smoothie)</p>
4	<p>B: 1/2-1 slice WG English muffin cinnamon raisin w/ cream cheese, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 1-2 WG graham cracker w/ 1-2 tbsp. peanut butter, 4-8oz milk</p>	<p>B: 1/8-1/4c granola w/ 1/8-1/4c Greek yogurt, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 4-7 Ritz crackers, 1/2-1oz cheddar cheese sticks</p>	<p>B: 1/2c seasonal fruits, 1/2-1 slice WG toast, 6-8oz milk</p> <p>A: 8-16pcs (1/3c) animal crackers, 1/2-3/4c seasonal fruits, water</p>	<p>B: 1/2-1 slice WG toast w/ cream cheese, 1/2c seasonal fruits, 6-8oz milk</p> <p>A: 1/2-1 9" WG tortilla cheese (1/2-1oz) quesadillas, water</p>	<p>B: 1/2-1c Cheerios w/ 6-8oz milk, 1/2c seasonal fruits</p> <p>A: 6 sticks cucumbers, 1/2-3/4c seasonal fruits and 4-8oz milk/100% apple juice (1c smoothie)</p>

Menu is subject to change due to availability and seasonality of items. Revised 1/13/23 Legend: **WG**= whole grain, milk = Whole Milk (1 yr. old), 1% (2 years old and older), Portion sizes increases for 6 years and older
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