


Healthy substitutions may appear on the posted menu at centers where cooking facilities are limited.

Academy Snack Menu (for children 24 mos & older)		February 2012				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Whole Wheat			1 Oatmeal, <u>Fruit, Milk</u> Tortilla Chips, Salsa, H2O	2 Fruit Yogurt <u>Cereal Parfaits</u> Bean Burrito, Salsa, H2O	3 Cereal, Fruit, <u>Milk</u> Fresh Veggies, Ranch Dip, Milk	
	6 Cereal, Fruit, <u>Milk</u> Baked Potato Bar Toppings, H2O	7 Cereal, Fruit, <u>Milk</u> Fresh Fruit, Honey, Milk	8 Cereal, Fruit, <u>Milk</u> Fresh Veggies, Cheese, H2O	9 Fruit spread, <u>WW* Roll, Milk</u> Pretzels (crackers*) Apple Butter, H2O	10 Fruit Yogurt <u>Cereal Parfaits</u> Turkey Meatball Sub, H2O	
	13 Cereal, Fruit, <u>Milk</u> Fresh Fruit, Yogurt Dip, H2O	14 Cereal, Fruit, <u>Milk</u> Fresh Veggies, Guacamole, H2O	15 Apple Butter, <u>WW*Toast, Milk</u> Macaroni & Cheese, H2O	16 Fruit Yogurt <u>Cereal Parfaits</u> Sliced Apples, Cheese, H2O	17 Cereal, Fruit, <u>Milk</u> WW*Pita, H2O, Hummus	
	20 <u>Closed</u> Presidents Day	21 Cereal, Fruit, <u>Milk</u> Cherry Yogurt Smoothies	22 Cereal, Fruit, <u>Milk</u> Rice Cake, Soy Butter, Milk	23 Oatmeal, <u>Fruit, Milk</u> Basmati Rice & Vegetables, H2O	24 Fruit Yogurt <u>Cereal Parfaits</u> Fresh Veggies, Cheese, H2O	
	27 Cereal, Fruit, <u>Milk</u> *WW crackers, Oranges, H2O	28 Cereal, Fruit, <u>Milk</u> Sliced Veggies, Cottage Cheese, H2O	29 Muffin, Fruit, <u>Milk</u> Garden Salad, Dressing, Milk			CHOKING HAZARDS* for Children Under 4 years: Nuts, Pretzels, Hard Candy, Dried Fruit, Seeds, Popcorn, Mini-Marshmallows, Chips. <u>Uncut</u> Hot Dogs, Carrots, Grapes, Cherry Tomatoes.

Academy serves: Whole grain bread, cereal, crackers most frequently; Fat-free milk; Fruit that is fresh, frozen or canned in natural juices or light syrup; 100% fruit juice no more than once per week. Grains, fruit & a dairy product are served for breakfast snack and two of those components for afternoon snack. Portion sizes are based on USDA recommendations. Certain foods are not served to children under four years of age due to the potential for choking.

Healthy substitutions may appear on the posted menu at centers where cooking facilities are limited.