



NOVEMBER 2018



Camp Amgen South Snack Menu ***All Snacks are Nut & Sesame Seed Free**

FOR ALL ROOMS *Please note, all rooms are included on this sheet *Milk (Toddlers-whole; Ages 2 to 5- 1%)

This menu satisfies the USDA Child Care Food Program Guidelines☺ **MENU** SUBJECT TO CHANGE BASED ON FOOD AVAILABILITY ☺

Monday	Tuesday	Wednesday	Thursday	Friday
			1 am- Cottage Cheese w/ Blueberries pm- Cantaloupe w/ WW Crackers	2 am- WW Bagels w/ Cream Cheese pm- Honeydew w/ Granola
5 am- Corn Chex Cereal pm- Tahini Free Hummus w/ Pita Bread	6 am- Cantaloupe w/ Graham Crackers pm- Bean & Cheese Burritos w/ Mild Salsa	7 am- Vanilla Yogurt w/ Blueberries pm- Oranges w/ Granola	8 am- Bananas w/ Raisin Bread pm- Strawberries w/ Nutri Grain Bars	9 am- Lean Turkey Sausage w/ Applesauce pm- Honeydew w/ Ritz Crackers
12 am- Rice Krispies Cereal pm- Turkey Sandwiches w/ Steamed Edamame	13 am- Bananas w/ Granola pm- Corn Muffins w/ Pineapple	14 am- Blueberry Yogurt w/ Graham Crackers pm- Cantaloupe w/ Whole Grain Cheddar Crackers	15 am- Cinnamon Oatmeal w/ Blueberries pm- Veggie Pasta Salad	16 am- Pancakes w/ Strawberries pm- Mild Cheddar Cheese Slices w/ Ritz Crackers
19 am- Special K Cereal pm- Guacamole w/WW Crackers	20 am- Peach Yogurt w/ Blueberries pm- Carrots w/ Yogurt Ranch Dip & Pita Bread	21 am- Bananas w/ Granola pm- Apple Butter w/ WW Bread	22 THANKSGIVING HOLIDAY	23 CAMP AMGEN CLOSED
26 am- Crispix Cereal pm- Oranges w/ Whole Grain Cheddar Crackers	27 am- Vanilla Yogurt w/ Granola pm- Whole Grain Mac & Cheese w/ Steamed Peas	28 am- Bananas w/ Graham Crackers pm- Bran Muffins w/ Applesauce	29 am- Raisin Bagels w/ Cream Cheese pm- Tahini Free Hummus w/ Pita Bread	30 am- Cottage Cheese w/ Pineapple pm- Sunflower Butter Sandwiches