

CPCS School Age Care Snack Menu 2023-24

Menu subject to change

		Monday	Tuesday	Wednesday	Thursday	Friday
August 9 - 11	A.M.			Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.			Fresh Fruit <i>1% Milk</i>	Whole Grain Goldfish <i>100% Juice</i>	Chips and Salsa <i>1% Milk</i>
August 14 - 18	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Wheat English Muffins w/jelly <i>1 % Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Pretzels <i>100% Juice</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
August 21 - 25	A.M.	Whole Grain Cereal <i>1% Milk</i>	Graham Crackers <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Cheese Cubes & Pretzels <i>100% Juice</i>	Whole Wheat Tortilla wrap w/slice of meat & cheese <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
August 28 - September 1	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Wheat English Muffins w/jelly <i>1 % Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Sun Chips <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & Ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Sept. 4 - 8	A.M.	Closed	Whole Grain Cereal <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.		Whole Grain Goldfish Crackers <i>1% Milk</i>	Tortilla Chips & salsa <i>1% Milk</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>

		Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 11 - 15	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Grain Pancakes w/ low sugar syrup <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Apple Slices <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Tortilla chips & salsa <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Sept. 18 - 22	A.M.	Whole Grain Cereal <i>1% Milk</i>	Graham Crackers <i>1% Milk</i>	Whole Wheat English Muffins w/ jelly <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Closed
	P.M.	Cheese Cubes & Pretzels <i>100% Juice</i>	Cherry tomatos, broccoli cucumbers w/ ranch <i>100% Juice</i>	Whole Grain Wheat Thins <i>1% Milk</i>	Sun Chips <i>1% Milk</i>	
Sept. 25 - 29	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Rice Cakes w/ apple butter or sunflower butter <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Tortilla chips & salsa <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Oct. 2 - 6	A.M.	Closed	Closed	Closed	Closed	Closed
	P.M.					
Oct. 9 - 13	A.M.	Closed	Plain Yogurt Berries <i>100% Juice</i>	Oranges <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.		Whole Grain Goldfish Crackers <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Veggie Straws <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>

		Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 16 - 20	A.M.	Whole Grain Cereal <i>1% Milk</i>	Apple Sauce Graham Crackers <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Cheese Cubes & Pretzels <i>100% Juice</i>	Whole Wheat Tortillas Wraps slice of cheese & meat <i>1% Milk</i>	Bananas & Vanilla Wafers <i>1% Milk</i>	Whole Grain Wheat Thins <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
Oct. 23 - 27	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Wheat English Muffins w/ jelly <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Veggie Straws <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Oct. 30 - Nov. 3	A.M.	Whole Grain Cereal <i>1% Milk</i>	Whole Grain Waffles w/ low sugar syrup	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Carrots & Ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>1% Milk</i>	Graham Crackers & Cream Cheese <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
Nov. 6 - 10	A.M.	Whole Grain Cereal <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Closed
	P.M.	Raisins & Pretzels <i>1% Milk</i>	Chips & Salsa <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Wheat Ritz Crackers & Cheese <i>100% Juice</i>	
Nov. 13 - 17	A.M.	Whole Grain Cereal <i>1% Milk</i>	Graham Crackers <i>1% Milk</i>	Applesauce <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Apple Slices <i>100% Juice</i>	Veggie Straws <i>1% Milk</i>	Fruit Cups (100% juice or low sugar <i>1% Milk</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>

		Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 20 - 24	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Closed	Closed	Closed
	P.M.	Carrots & Ranch <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>			
Nov. 27 - Dec. 1	A.M.	Whole Grain Cereal <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	String Cheese & Pretzels <i>100% Juice</i>	Bananas & Vanilla Wafers <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
Dec. 4 - 8	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Applesauce <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Oranges <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Wheat Ritz Crackers & Cheese <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Dec. 11 - 15	A.M.	Whole Grain Cereal <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Rice Cakes w/ apple butter or sunflower butter <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Cheese Cubes & Pretzels <i>100% Juice</i>	Whole Wheat Tortillas Wraps w/ slice of cheese & meat <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Tortilla chips & salsa <i>100% Juice</i>
Jan. 1 - 5	A.M.	Closed	Apple slices <i>1% Milk</i>	Whole Wheat English Muffins w/ jelly <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.		Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & Ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>

		Monday	Tuesday	Wednesday	Thursday	Friday
Jan. 8 - 12	A.M.	Whole Grain Cereal <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Virtual Instruction Day Program Closed
	P.M.	Apple Slices <i>1% Milk</i>	Whole Grain Goldfish Crackers <i>1% Milk</i>	Bananas & Vanilla Wafers <i>1% Milk</i>	Sun Chips <i>1% Milk</i>	
Jan. 15 - 19	A.M.	Closed	Plain Yogurt Berries <i>100% Juice</i>	Fruit Cups (100% juice or low sugar) <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.		Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Jan. 22 - 26	A.M.	Whole Grain Cereal <i>1% Milk</i>	Oranges <i>1% Milk</i>	Whole Wheat English Muffins w/ jelly <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Closed
	P.M.	Cheese Cubes & Pretzels <i>100% Juice</i>	Whole Wheat Tortillas Wraps w/ slice of meat & cheese <i>1% Milk</i>	Apple Slices <i>100% Juice</i>	Whole Grain Wheat Thins <i>1% Milk</i>	
Jan. 29 - Feb. 2	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Rice Cakes w/ apple butter or sunflower butter <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Carrots & Ranch <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Feb. 5 - 9	A.M.	Whole Grain Cereal <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Oranges <i>1% Milk</i>	Bananas & Vanilla Wafers <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Veggie Straws <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>

		Monday	Tuesday	Wednesday	Thursday	Friday
Feb. 12 - 16	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Oranges <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	String Cheese & Pretzels <i>100% Juice</i>	Graham Crackers & Cream Cheese <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Feb. 19 - 23	A.M.	Closed	Graham Crackers & applesauce <i>1% Milk</i>	Rice Cakes w/ apple butter or sunflower butter <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.		Apple slices <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
Feb. 26 - Mar. 1	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Wheat English Muffins w/ jelly <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Graham Crackers <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Mar. 4 - 8	A.M.	Whole Grain Cereal <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Graham Crackers & Cream Cheese <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>1% Milk</i>	Apple Slices <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Mar. 11 - 15	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Rice Cakes w/ apple butter or sunflower butter <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Carrots & Ranch <i>100% Juice</i>	Bananas & Vanilla Wafers <i>1% Milk</i>	Graham Crackers & Cream Cheese <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>

		Monday	Tuesday	Wednesday	Thursday	Friday
Mar. 18 - 22	A.M.	Whole Grain Cereal <i>1% Milk</i>	Graham Crackers & raisins <i>1% Milk</i>	Oranges <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Cheese Cubes & Pretzels <i>100% Juice</i>	Veggie Straws <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Tortilla chips & salsa <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
Mar. 25 - 29	A.M.	Closed	Closed	Closed	Closed	Closed
	P.M.					
Apr. 1 - 5	A.M.	Closed	Plain Yogurt Berries <i>100% Juice</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.		Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>1% Milk</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Apr. 8 - 12	A.M.	Closed	Whole Grain Cereal <i>1% Milk</i>	Apple Slices <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.		Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Apr. 15 - 19	A.M.	Whole Grain Cereal <i>1% Milk</i>	Graham Crackers <i>1% Milk</i>	Whole Wheat English Muffins w/ jelly <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Graham Crackers & Cream Cheese <i>1% Milk</i>	Sliced Apples <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Tortilla chips & salsa <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>

		Monday	Tuesday	Wednesday	Thursday	Friday
Apr. 22 - 26	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Sun Chips <i>1% Milk</i>	Bananas & Vanilla Wafers <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Apr. 29 - May 3	A.M.	Closed	Whole Wheat Pancakes or Waffles w/ low sugar syrup	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.		Whole Grain Goldfish Crackers <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
May. 6 - 10	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Wheat English Muffins w/jelly <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	String Cheese & Pretzels <i>100% Juice</i>	Tortilla chips & salsa <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
May 13 - 17	A.M.	Whole Grain Cereal <i>1% Milk</i>	Closed	Oranges <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Cheese Cubes & Pretzels <i>100% Juice</i>		Whole Grain Wheat Thins <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
May 20 - 24	A.M.	Whole Grain Cereal <i>1% Milk</i>	Applesauce <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>	Virtual Instruction Day Program Closed	Closed
	P.M.	Sun Chips <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>100% Juice</i>		

		Monday	Tuesday	Wednesday	Thursday	Friday
May 27 - 31	A.M.	Closed	Whole Wheat Pancakes or Waffles w/ low sugar syrup	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.		Bananas & Vanilla Wafers <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
June 3 - 7	A.M.	Whole Grain Cereal <i>1% Milk</i>	Apple slices <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Cheese Cubes & Pretzels <i>100% Juice</i>	Tortilla chips & salsa <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Graham Crackers <i>1% Milk</i>
June 10 - 14	A.M.	Whole Grain Cereal <i>1% Milk</i>				
	P.M.	Whole Grain Goldfish <i>100% Juice</i>				