

Puget Sound Educational Service District Early Learning Menu

PSESD Early Learning

Teacher 0
Menu 0
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Due by the 5th

Snack
Sep 2014

Any 2 components (minimum) for a USDA/CACFP Snack: Milk (1/2c), Grain (1/2sl, 1/3c cold or 1/4c cooked), Fruit/Vegetable (Fruit or Vegetable = 1/2c.) or Meat (1/2 oz). Potatoes are vegetables (not a grain). Juice may not be served when milk is served as the only other component. Remember juice with fruit/veg is one component. A raw vegetable or dried fruit must have another vegetable/fruit or another component. Cereal contains 9 grams or less sugar per serving. Always provide a source of fluid such as water if not serving milk or juice. Use the left column to assist you components and portion sizes. (2%

2 Components	Monday	Tuesday	Wednesday	Thursday	Friday
Milk: 4 oz	1 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	2 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	3 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	4 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	5 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water
Fruit/Veg: 1/2c	FV Pineapple Tidbits	FV Local Apples or Pears	FV Cucumber Coins and Sweet Pepper Slices	FV Veggie Marinara Sauce	FV Peaches
Grain:1/2sl, 1/4c	G	G	G	G Whole Grain Breadstick	G Whole Grain Graham Crackers
Meat: 1/2oz	M Greek Yogurt	M Cheddar Cheese Slices	M Hummus	M	M
Substitutions					
Milk: 4 oz	8 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	9 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	10 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	11 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	12 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water
Fruit/Veg: 1/2c	FV Sliced Cherry Tomatoes	FV Fruit Salad	FV	FV Orange Smiles	FV Whole Wheat Zucchini Muffin
Grain:1/2sl, 1/4c	G Whole Grain Crackers	G	G Tortilla Chips	G Whole Grain Crackers	G
Meat: 1/2oz	M String Cheese	M Cottage Cheese	M Cheesy Bean Dip	M	M
Substitutions					
Milk: 4 oz	15 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	16 R: °F/F: °F <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	17 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	18 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	19 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water
Fruit/Veg: 1/2c	FV Apricots	FV Cauli/Broccoli	FV Apple Smiles	FV Banana	FV Berries
Grain:1/2sl, 1/4c	G	G Whole Grain Crackers	G Fig Newton	G Cheerios	G
Meat: 1/2oz	M Cottage Cheese	M	M	M	M Greek Yogurt
Substitutions		Yogurt Ranch Dip			
Milk: 4 oz	22 R: °F/F: °F <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	23 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	24 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	25 R: °F/F: °F <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	26 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water
Fruit/Veg: 1/2c	FV	FV Mandarin Oranges	FV Kiwi	FV	FV Applesauce
Grain:1/2sl, 1/4c	G Whole Grain Roll	G Whole Grain Graham Crackers	G Vanilla Wafers	G Whole Wheat Pumpkin Bread	G Whole Grain Crackers
Meat: 1/2oz	M Turkey Slices	M	M	M	M Sunflower Butter
Substitutions					
Milk: 4 oz	29 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	30 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	1 R: °F/F: °F <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	2 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water	3 <input type="checkbox"/> 1% OR <input type="checkbox"/> Water
Fruit/Veg: 1/2c	FV Orange Smiles	FV Grape Halves	FV Zucchini and Carrot Strips	FV	FV
Grain:1/2sl, 1/4c	G Chex Mix	G	G Whole Grain Crackers	G Whole Wheat Banana Bread	G Whole Grain Mini Pita
Meat: 1/2oz	M	M Cheese Sticks	M	M	M Hummus
Substitutions			Yogurt Ranch Dip		

For Meals served on the USDA CACFP: This institution is an equal opportunity provider.