

Snack Menu

■ AM snack (classes held Monday-Friday)

■ PM snack (classes held Monday-Thursday)

■ Children 2 years of age and over receive Low-fat (1%) Milk.
Water is always available to the children.

September 2025						
S	Monday	Tuesday	Wednesday	Thursday	Friday	S
	1 Labor Day	2	3 First Day of School! Milk & Cheerios Milk & Whole Grain Crackers	4 Milk & Whole Grain Rice Cakes Milk & Apples	5 Milk & Bananas	6
7	8 Milk & Oranges Milk & Whole Grain Cheerios	9 Milk & Whole Grain Pita Milk & Cucumbers	10 Milk & Applesauce Milk & Whole Grain Chex	11 Cheese & Whole Grain Crackers Milk & Raisins	12 Milk & applesauce	13
14	15 Milk & Carrots Milk & Whole Grain Pita	16 Yogurt & Whole Grain Crackers Milk & Peaches	17 Milk & Bananas Milk & Whole Grain Crackers	18 Milk & Whole Grain Rice Cakes Milk & Apples	19 Milk & Whole Grain Crackers	20
21	22 Milk & Oranges Milk & Whole Grain Cheerios	23 Milk & Whole Grain Pita Milk & Cucumbers	24 Milk & Applesauce Milk & Whole Grain Chex	25 Cheese & Whole Grain Crackers Milk & Raisins	26 Milk & Whole Grain Cheerios	27
October						
28	29 Milk & Carrots Milk & Whole Grain Pita	30 Yogurt & Whole Grain Crackers Milk & Peaches	1 Milk & Bananas Milk & Whole Grain Crackers	2 Milk & Whole Grain Rice Cakes Milk & Apples	3 Milk & Whole Grain Crackers	4
5	6 Milk & Oranges Milk & Whole Grain Cheerios	7 Milk & Whole Grain Pita Milk & Cucumbers	8 Milk & Applesauce Milk & Whole Grain Chex	9 Cheese & Whole Grain Crackers Milk & Raisins	10 Family Trip to Kelkenberg Farm	11

12	13 No School! Fall break	14 No School! Fall break	15 Milk & Bananas Milk & Whole Grain Crackers	16 Milk & Whole Grain Rice Cakes Milk & Apples	17 Milk & Whole Grain Crackers	18
19	20 Milk & Oranges Milk & Whole Grain Cheerios	21 Milk & Whole Grain Pita Milk & Cucumbers	22 Milk & Applesauce Milk & Whole Grain Chex	23 Cheese & Whole Grain Crackers Milk & Raisins	24 Milk & Whole Grain Cheerios	25

October/November						
S	Monday	Tuesday	Wednesday	Thursday	Friday	S
26	27 Milk & Carrots Milk & Whole Grain Pita	28 Yogurt & Whole Grain Crackers Milk & Peaches	29 Milk & Bananas Milk & Whole Grain Crackers	30 Milk & Whole Grain Rice Cakes Milk & Apples	31 Milk & Whole Grain Crackers	1
2	3 Milk & Oranges Milk & Whole Grain Cheerios	4 Milk & Whole Grain Pita Milk & Cucumbers	5 Milk & Applesauce	6 Cheese & Whole Grain Crackers	7 Milk & Whole Grain Cheerios	8
9	10 Milk & Carrots Milk & Whole Grain Pita	11 Yogurt & Whole Grain Crackers Milk & Peaches	12 Milk & Bananas Milk & Whole Grain Crackers	13 Milk & Whole Grain Rice Cakes Milk & Apples	14 Milk & Whole Grain Crackers	15
16	17 Milk & Oranges Milk & Whole Grain Cheerios	18 Milk & Whole Grain Pita Milk & Cucumbers	19 Milk & Applesauce Milk & Whole Grain Chex	20 Cheese & Whole Grain Crackers Milk & Raisins	21 Milk & Oranges Milk & Whole Grain Cheerios	22
23	24 Milk & Oranges Milk & Whole Grain Cheerios	25 Milk & Whole Grain Pita Milk & Cucumbers	26 Fall Recess	27 Happy Thanksgiving!	28 No School!	29
December						
30	1 Milk & Oranges Milk & Whole Grain Cheerios	2 Milk & Whole Grain Pita Milk & Cucumbers	3 Milk & Applesauce Milk & Whole Grain Chex	4 Cheese & Whole Grain Crackers Milk & Raisins	5 Milk & Whole Grain Cheerios	6

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The ECRC follows Nutrition Standards for Child and Adult Care Food Program (CACFP) Meals and Snacks and OCFS regulations.
Please note, the ECRC does not provide lunch.