

Name of School: *Happy Aloha Preschool*

Program: *GCC*

Age Group: *3-5 year old*

Type of Menu: *AM/PM Snack*

Date: *1/1/23*

**Week 1**

<b>AM</b>	<ul style="list-style-type: none"> <li>Wheat thins crackers (6-8)</li> <li>Cheese stick (1/2 ounce)</li> </ul>	<ul style="list-style-type: none"> <li>Granola (1/8 cup)</li> <li>Plain Yogurt (1/2 cup)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Celery (4-6 sticks)</li> <li>Peanut Butter (1 tbsp)</li> <li>Raisins (~1/8 cup)</li> <li>1% milk (1/2 cup)</li> </ul>	<ul style="list-style-type: none"> <li>Poi (1/2 cup)</li> <li>Blueberries (1/2 cup)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Plain Cheerios cereal (1/2 cup)</li> <li>1% milk (1/2 cup)</li> </ul>
<b>PM</b>	<ul style="list-style-type: none"> <li>Baby carrots (6 sticks) w/ low-fat dressing</li> <li>1% milk (1/2 cup)</li> </ul>	<ul style="list-style-type: none"> <li>Pretzel sticks (22)</li> <li>Dried banana slices (1/4 cup)</li> </ul>	<ul style="list-style-type: none"> <li>String cheese (1 ounce)</li> <li>Mini brown rice cakes (7)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat bread</li> <li>Cheese slice (.75 ounce)</li> <li>1% milk (1/2 cup)</li> </ul>	<ul style="list-style-type: none"> <li>100% Apple Juice (1/2 cup)</li> <li>Mini bell pepper (1/2 cup)</li> <li>Water</li> </ul>

**Week 2**

<b>AM</b>	<ul style="list-style-type: none"> <li>Peaches canned (1/2 cup)</li> <li>Cottage cheese (1/4 cup)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Brown Rice cakes (1½)</li> <li>Peanut butter (1 Tbsp)</li> <li>1% milk (1/2 cup)</li> </ul>	<ul style="list-style-type: none"> <li>Sweet Potato sliced (1/2 cup)</li> <li>1% milk (1/2 cup)</li> </ul>	<ul style="list-style-type: none"> <li>Berry Berry Kix cereal (3/4 cup)</li> <li>1% milk (1/2 cup)</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal, plain (1/2 cup)</li> <li>Raisins (1/4 cup)</li> <li>Water</li> </ul>
<b>PM</b>	<ul style="list-style-type: none"> <li>Cucumber sticks (6 sticks) with low-fat dressing</li> <li>Mandarin oranges (1/2 cup)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Taro (kalo) diced (1/2 cup)</li> <li>Steamed broccoli (1/2 cup)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>½ 7"-8" tortilla</li> <li>Cold cuts (1/2 oz)</li> <li>Cheese slice (1 - .75 oz.)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Egg salad (½ egg per serving)</li> <li>Soda crackers (4)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Baby carrots with low-fat dressing (4-6 sticks)</li> <li>Animal crackers (8-10)</li> <li>1% milk (1/2 cup)</li> </ul>

**Week 3**

<b>AM</b>	<ul style="list-style-type: none"> <li>Whole wheat bread (1/2 slice)</li> <li>Peanut Butter (1 Tbsp)</li> <li>Jam (1 tsp)</li> <li>1% milk (1/2 cup)</li> </ul>	<ul style="list-style-type: none"> <li>4" square waffle</li> <li>Orange slices (1/2 cup)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Apple wedges (½ cup)</li> <li>Cheese Stick (1-1 oz)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Tofu (1/4 cup) with Furikake seasoning</li> <li>Soda Crackers (4-6)</li> <li>1% milk (½ cup)</li> </ul>	<ul style="list-style-type: none"> <li>Melon diced (1/2 cup)</li> <li>English muffin (1/2)</li> <li>Water</li> </ul>
<b>PM</b>	<ul style="list-style-type: none"> <li>Orange wedges (1/2 cup)</li> <li>Soda crackers (4-6)</li> </ul>	<ul style="list-style-type: none"> <li>Breadfruit (Ulu) diced (1/2 cup)</li> <li>Dried fruit (1/4 cup)</li> </ul>	<ul style="list-style-type: none"> <li>Pears sliced (1/2 cup)</li> <li>Animal Crackers (8-10)</li> <li>1% milk (1/2 cup)</li> </ul>	<ul style="list-style-type: none"> <li>Granola (¼ cup)</li> <li>Yogurt (¼ cup)</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Grape Nut Flakes cereal (1/2 cup)</li> <li>1% milk (1/2 cup)</li> </ul>

Please provide a **brand name list** for each food item reflected on the menu, which you can include on a separate list. For more information, visit: <https://www.fns.usda.gov/cacfp/meals-and-snacks>, scroll down to the **Meal Pattern Tables**, click on "Snack".