

**OSAGE NATION HEAD START
HOMINY/MCCORD
SIX WEEK CYCLE SNACK MENU
2009-2010**

***MENU SUBJECT TO CHANGE

** Adults are served the same portion sizes as 3-5 year olds

Pineapples & Milk	Chex Mix Cereal & Milk	Pretzel Sticks, Cheese Cubes, & Grape Juice	Apples & Milk	Fruit Cocktail & Milk
Wheat Thins, Applesauce & Water	Peaches & Milk	Kix Cereal & Milk	Triscuits, & Juicy Juice	Pears & Milk
Cantaloupe, Club Crackers, & Milk	Apricots & Milk	Cheese Nips & Grape Juice	Orange Slices & Milk	Berry, Berry Kix, & Milk
Peanut Butter, Crackers & Apple Juice	Wheat Bread, Apple Butter & Milk	Oatmeal Raisin Cookies & Milk	Cheerios, Banana, & Milk	Tortilla Roll-Up (tortilla, cheese slices, lettuce leaf) & Grape Juice
Bagel w/Cream Cheese & Milk	Fruit Yogurt, Graham Crackers, & Water	Fruit Cocktail & Apple Juice	Peanut Butter & Jam, Wheat Bread & Milk	Rice Krispies & Milk
Cottage Cheese, Crackers, Pineapple & Milk	Banana & Milk	Crackers, Cheese Slices & Water	Pop Tarts & Milk	Honey Nut Cheerios & Milk