

# Magic Memories Snack and Lunch Menu

Chipmunks, Mini Monkeys, Teddy Bears, Giraffes, Awesome Ants, Busy Bees, Super Sharks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16
<b>AM SNACK:</b> 1% Milk: 6oz Juice/Fruit/Veg.: 1/2 Cup Bread: 1/2 slice Cereal: 1/3 Cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Banana	Pineapples	Apple Slices	Mixed Melons	Peaches	Mandarin Oranges	Seasonal Fruit	Mangos	Banana	Pineapples	Apple Slices	Mixed Melons	Peaches	Mandarin Oranges	Mangos	Seasonal Fruit
	Cheerios	Whole Grain English Muffin	Whole Grain Strawberry Oatmeal Bar	Vanilla Yogurt	Whole Grain French Toast	Kix Cereal	Whole Grain Blueberry Muffin	Vanilla Yogurt	Whole Grain Waffles	Chech Cereal	Whole Grain Mini Bagel w/Sun Butter	Whole Wheat Cinnamon Toast	Vanilla Yogurt	Chocolate Oatmeal Bar	Whole Grain Apple Muffin	Whole Grain Pancake
<b>LUNCH:</b> 1% Milk: 6oz Meat/Meat Alt: 1 1/2oz Veg or Fruit: 1/2 cup Pasta: 1/4 cup Bread: 1/2 slice	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Beef Burger on Whole Wheat Roll	Whole Wheat Cheese Ravioli w/Sauce	Chicken Quesadilla on Whole Wheat Tortilla	Whole Grain Turkey and Vegetable Egg Roll	Tuna Salad on Whole Wheat Wrap	Tacos with Quinoa, Lettuce, Tomato, Cheese and Tortilla Chips	Whole Wheat Macaroni and Cheese	Whole Wheat Chicken Nuggets with Bread Slice	Turkey Sloppy Joe with Whole Wheat Roll	Sun Butter and Jam Sandwich on Whole Wheat	Turkey and Hummus on Whole Wheat Wrap	Beef Hot Dog and Whole Wheat Roll	Whole Wheat Pancakes with Turkey Sausage	Grilled Cheese on Whole Wheat with Soup and Crackers	Meatballs with Gravy and Whole Wheat Roll	Whole Wheat Fish Sticks
	Potato Puffs	Broccoli	Carrot & Celery Sticks		Tossed Salad	String Beans	Broccoli	Potato Puffs	Carrots	Cucumbers	Baked Beans	Spinach and Mixed Fruit Salad				
	Mangos	Banana	Mixed Fruit	Pineapples	Apple Slices	Peaches	Mixed Melons	Mandarin Oranges	Mangos	Banana	Mandarin Oranges	Pineapples				
<b>PM SNACK:</b> 1% Milk: 6oz Meat/Meat Alt: 1 1/2oz Juice/Fruit/Veg.: 1/2 Cup Bread: 1/2 slice Cereal: 1/3 Cup	1% Milk	Water	1% Milk	Water	1% Milk	Water	1% Milk	Water	1% Milk	Water	1% Milk	Water	1% Milk	Water	1% Milk	Water
	Whole Grain Sports Bites	Whole Grain Crackers	Whole Grain Orange Muffin	Whole Wheat Soft Pretzel	Spiker Crackers	Cherry Vanilla Yogurt Cup	Tortilla Chips with Salsa	Whole Grain Crackers	Pretzel Wheels	Whole Grain Strawberry Waffle Grahams	Chocolate Bear Graham	Animal Crackers	Fig Newton	Vanilla Wafers	Goldfish Crackers	Peach Yogurt Cup
		String Cheese		Sun Butter				Cheese Cubes				Applesauce		Sun Butter		
<b>Super Sharks Afternoon Snack Options</b>																
<b>PM SNACK:</b> 1% Milk: 4oz Meat/Meat Alt: 1oz Juice/Fruit/Veg.: 1/2 Cup Bread: 1/2 slice Cereal: 1/4 Cup	<b>Option 1</b>			<b>Option 2</b>			<b>Option 3</b>			<b>Option 4</b>			<b>Option 5</b>			
	1% Milk			Water			1% Milk			Water			1% Milk			
	Fig Newtons			Strawberry Waffle Graham			Chocolate Bear Graham			Spiker Crackers			Sports Bites			
				Applesauce						String Cheese						

All Snacks and Meals are based off of Recommended daily Child Nutrition. Snacks and Lunches are freshly prepared with the freshest, most natural and highest child nutritional certified options available. Parents are responsible to make Magic Memories aware of any food allergies, in that case, modifications within our means will be made.