

November

2016

CANTON UNION SCHOOL DISTRICT Early Childhood Snack Menu



Farm Fresh Produce
featuring... **Sweet Potatoes**
Sweet potatoes are high in vitamin C.
Did you know vitamin C helps our body absorb iron?

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------------------------|---------------------|--------------------------|------------------------------|-------------------------|
| | | 1 | 2 | 3 | 4 |
| | | APPLESAUCE CUPS | STRING CHEESE | FRESH APPLE | CHEDDAR GOLDFISH |
| | | MILK | 100% FRUIT JUICE | MILK | MILK |
| | 7 | 8 | 9 | 10 | 11 |
| | BLUEBERRY MUFFIN | FRUIT YOGURT | CINNAMON TOASTERS CEREAL | FRESH BANANA | HONEY GRAHAMS CEREAL |
| | 100% FRUIT JUICE | 100% FRUIT JUICE | MILK | MILK | MILK |
| | 14 | 15 | 16 | 17 | 18 |
| | FRESH APPLE | STRING CHEESE | CHEDDAR GOLDFISH | HONEY GRAHAMS CEREAL | U.S. PRESIDENTS COOKIES |
| | MILK | 100% FRUIT JUICE | 100% FRUIT JUICE | MILK | MILK |
| | 21 | 22 | 23 | 24 | 25 |
| | CINNAMON GOLDFISH GRAHAMS | FRESH ORANGE WEDGES | NO SCHOOL | HAPPY THANKSGIVING NO SCHOOL | NO SCHOOL |
| | 100% FRUIT JUICE | MILK | | | |
| | 28 | 29 | 30 | | |
| | STRAWBERRY WAFFLE GRAHAMS | APPLESAUCE CUPS | STRING CHEESE | | |
| | 100% APPLE JUICE | MILK | 100% FRUIT JUICE | | |

Snack Time
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Fun Time!

Questions
Call Kyle Nelson
Food Service Director
309-647-8731
Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.
For more information or to "Ask the Dietitian", check out our website!

(*) Contains Pork