

Arrowhead Head Start Snack Menu

Site: _____

Month: _____

Directions: Plan two of the five food components for snack. Two creditable beverages (e.g. milk and juice) cannot be served as the two food components for snack. However, a vegetable and a fruit may be served as the two food components at snack.

Food Components	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternate Grains Vegetable Fruit Milk					
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*Be sure to note BOTH the serving size and grams per serving (grain) or ounce per serving (meat/meat alternative).