

Charlotte Sharp Children’s Center Menu for Week: Week Four

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Graham Crackers and Nutella	Watermelon or apple slices	Mandarin Oranges or bananas	Veggie Sticks and Ranch Dressing	Animal Crackers Strawberries or Blueberries
Morning Drink	Water	Water	Water	Water	Water
Afternoon Snack	Chocolate Animal Crackers	Vanilla & Chocolate Crème Cookies	Smart Food Popcorn	Vanilla Crème Cookies	Popsicles
Afternoon Drink	Apple juice, water	Water	Orange juice, water	Water	Water

Children bring lunches. CLC staff will heat foods as needed and supplement lunches with prepackaged foods to meet nutrition requirements. Snacks are prepackaged with fresh vegetables and fruit. Water is available in classrooms, at snack and lunch. Juice is 100% fruit juice, less sugar.