

Charlotte Sharp Children’s Center Menu for Week One

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Ritz Crackers and Cheese Spread	Graham Crackers and apple wedges	Carrots or Veggie Sticks with Ranch Dressing or Yogurt	Cheez-It Crackers Bananas	Cheeto Puffs or Popcorn
Morning Drink	Water	Water	Water	Water	Water
Afternoon Snack	Chocolate Chip Cookies	Orange Push Ups	Go-Gurt Yogurt or Applesauce Cups	Butter Cookies	Ice Cream Sandwiches
Afternoon Drink	Apple juice, Water	Water	Orange juice, Water	Tropical juice, 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.