

**Charlotte Sharp Children’s Center Menu for Week: Week Three**

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Carrot sticks and cream cheese or cheese spread	Cheez-It Crackers Apple wedges	Honey Graham Crackers and Nutella	Bananas and Ginger Snap Cookies	Pretzels, Cucumber slices and Ranch Dressing or Yogurt
<b>Morning Drink</b>	Water	Water	Water	Water	Water
<b>Afternoon Snack</b>	Popcorn	Orange Push Ups	Chocolate and Vanilla Creme Cookies	Chocolate Chip Cookies	Vanilla Ice Cream Cups
<b>Afternoon Drink</b>	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.