

Charlotte Sharp Children’s Center (CSCC) Menu for Week: Week Two

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Goldfish Crackers and seasonal fruit	Bugals or Cheese Puffs	Veggie Sticks and Ranch Dressing	Graham Crackers and Nutella	Animal Crackers and Sliced peaches
Morning Drink	Apple juice, Water	Tropical Punch, water	Orange juice, Water	Apple juice, Water	Berry juice, Water
Afternoon Snack	Push Ups	Watermelon	Popcorn Smart Food	Butter Cookies	Vanilla and Chocolate Ice Cream Cups
Afternoon Drink	Apple juice, Water	Tropical Punch, Water	Orange juice, Water	Apple juice, Water	Berry juice, 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.