

**Charlotte Sharp Children’s Center Menu for Weeks 1 and 3 each month**

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Ritz Crackers and Cheese Spread	Graham Crackers and Nutella	Seasonal fruit	Cheez-It Crackers	Seasonal fruit or Graham Crackers
<b>Morning Drink</b>	Water	Water	Water	Water	Water
<b>Afternoon Snack</b>	Chocolate Animal Crackers	Vanilla Wafers	Veggie Sticks and Ranch dressing	Cheese Balls	Pretzels and Ranch dressing
<b>Afternoon Drink</b>	Water	Water	Water	Water	Water

**Children bring lunches.** CLC staff heat foods as needed. Substitutions for fruit may occur depending on availability.  
 NOTE: State licensing standards limit the amount of sugar in foods, juice, yogurt and dairy products, that are served to children.