



SNACK PLANNING & SERVING SIZE

PRESCHOOL PROGRAM

GOOD SOURCES OF VITAMIN C

banana	blueberries	cranberries	grapefruit
broccoli	brussel sprouts	green peppers (raw)	honeydew
cabbage	cantaloupe	red peppers (raw)	kiwi
cauliflower	citrus juices	mandarin oranges	mangoes
collard greens	cooked spinach	oranges	papaya
cooked turnip greens	juices fortified with Vitamin C	pineapple	raspberries
potatoes (white)	red cabbage	kale	snow peas
strawberries	sweet potatoes	tomatoes	tomato juice
tomato sauce	watermelon	winter squash	

GOOD SOURCES OF VITAMIN A

broccoli	butternut squash	cantaloupe	carrots
pumpkin	dried apricots	egg (yolk is source)	liver
sweet potatoes	mangoes	margarine	papaya

Fortified with vitamin A: cream cheese, milk, mozzarella cheese, yellow cheese, yogurt

SNACK SERVING SIZE

Crackers

graham crackers 1-2
graham sticks 4-8
whole wheat 2-6

Fruit

apple 2-3 thin slices
Tablespoons
applesauce ¼ - ½ cup fortified with Vitamin C
banana ¼ - ½
blue berries 6-12
kiwi ¼ in wedges
ranch dressing
orange ¼ in slices
strawberries 2-4 whole strawberries, cut in half

Other

pasta sauce, Vitamin C fortified ¼ cup
yogurt, Vitamin A fortified ¼ cup
pudding ½ cup
Cereal: Cheerios, Rice Krispies, Kix, Corn Flakes—1 cup

Juice

100% Vitamin C fortified juice, up to 4 ounces
orange juice, up to 4 ounces

Cheese

soft cream cheese, 6% Vitamin A, 1-2
yellow cheese, 6% Vitamin A ¼ - ½ slice

Vegetables

carrots 2-4 small flexible carrot sticks with

When creating snack menu be sure to have both Vitamin A and C each day. Be sure to follow the recommended snack size and good sources guidelines and include fresh fruits and vegetables as often as possible.

FOOD DIRECTIVES AND CAUTIONS

Use the Good Sources of Vitamin A and C lists to supplement, not replace those listed on the menu. Supplement with fruits and vegetables at snack, lunch or small group for new taste experiences. Provide proof of supplementation in your lesson plans. Fresh fruits and vegetables are best so that children see food items in their natural state. Raw fruits and vegetables can present choking hazards and must be sliced in thin, flexible pieces.

The following goods are KNOWN CHOKING HAZARDS for children under age 3 years, 6 months:

- Nuts – do not serve in classroom
- Peanut butter – do not serve in classroom
- Popcorn – do not serve in classroom
- Carrot rounds or chunks – do not serve in classroom
- Grapes – cut in half in classroom
- Small hard crackers – do not serve in classroom
- Cheese sticks – do not serve in classroom
- Hot dogs – do not serve in classroom
- Gummy candy – do not serve in classroom (exception “dirtcups” – provide close supervision)

If any of the above are served in the cafeteria and you have children under age 3 ½ , cut food in small bite-size pieces and use good judgment in adjusting food presented.

Revised 5-4-12