

AM Snack Menu (July 2021)



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
			🤪 1	2
			Whole Grain Cinnamon Bread, Apple Sauce & Milk <i>(WGR)</i> ^ Whole Grain Cinnamon Bread, Apple Sauce & Milk	Raspberry Biscuit, Apple Slices & Milk <i>(WGR)</i> ^ Corn Bread, Fruit, Milk
5	6	🤪 7	🤪 8	9
HOLIDAY INDEPENDENCE DAY	Cereal, Dried Fruit & Milk <i>(WGR)</i> ^ Cherrios & Corn Flakes Cereal & Fruit Milk	Roasted Oats, Yogurt & Peach <i>(WGR)</i> ^ Roasted Oats, Plain Yogurt, Peach	Whole Grain Breadstick, (Filled with Berry & Neufchâtel), Banana & Cheese <i>(WGR)</i> ^ Whole Grain Bread Stick, Banana & Cheese	Strawberry Biscuit, Orange Slices & Milk <i>(WGR)</i> ^ Corn Bread, Milk, Orange Slices
12	13	🤪 14	15	16
Whole Grain Oat Bar, Apple Slices & Cheese <i>(WGR)</i> ^ Whole Grain Oat Bar, Apple Slices, Milk	Cereal, Dried Fruit & Milk <i>(WGR)</i> ^ Chex Cereal & Fruit Milk	Roasted Oats, Vanilla Yogurt & Blueberry <i>(WGR)</i> ^ Rolled Oats, Vanilla Yogurt, Blueberry	Whole Grain Cinnamon Bread, Apple Sauce & Milk <i>(WGR)</i> ^ Whole Grain Cinnamon Bread, Apple Sauce & Milk	Raspberry Biscuit, Apple Slices & Milk <i>(WGR)</i> ^ Corn Bread, Fruit, Milk
19	20	21	22	23
Cherry Apple Oat Snack Bar, Orange Slices & Cheese <i>(WGR)</i> ^ Cherry Apple Oat Snack Bar, Orange, Cheese	Cereal, Dried Fruit & Milk <i>(WGR)</i> ^ Cherrios & Corn Flakes Cereal & Fruit Milk	Roasted Oats Yogurt with Peaches <i>(WGR)</i> ^ Rolled Oats, Yogurt and Peaches	Whole Grain Breadstick, (Filled with Berry & Neufchâtel), Banana & Cheese <i>(WGR)</i> ^ Whole Grain Bread Stick, Banana & Cheese	Strawberry Biscuit, Orange Slices & Milk <i>(WGR)</i> ^ Corn Bread, Milk, Orange Slices
26	27	28	29	30
Whole Grain Oat Bar, Apple Slices & Cheese <i>(WGR)</i> ^ Whole Grain Oat Bar, Apple Slices, Milk	Cereal, Dried Fruit & Milk <i>(WGR)</i> ^ Chex Cereal & Fruit Milk	Roasted Oats, Vanilla Yogurt & Blueberry <i>(WGR)</i> ^ Rolled Oats, Vanilla Yogurt, Blueberry	Whole Grain Cinnamon Bread, Apple Sauce & Milk <i>(WGR)</i> ^ Whole Grain Cinnamon Bread, Apple Sauce & Milk	Raspberry Biscuit, Apple Slices & Milk <i>(WGR)</i> ^ Corn Bread, Fruit, Milk

Pre-School Serving Sizes

Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

Grade School Serving Sizes

Meat 2.5 oz grains 2-4 oz bread 1 slice vegetables 1/2 cup fruit 1/2 cup

Protein content: Meat or a bean equivalent.

Gluten Free (gf) Soy Free (sf)

veggie inside entree marked with (*)

items marked with ^ contain allergens. see ingredients list for details
the main grain component in each meal are *(WGR)* - whole grain rich