

# PM Snack Menu (July 2021)



**GREEN SPROUTS FOOD**  
GROW CHERISH THRIVE



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
			1	2
			Graham Crackers & Applesauce (WGR) Graham Crackers, Apple Sauce	Pita & House Made Dipping Sauce (WGR) Pita House Sauce
5	6	7	8	9
Holiday Independence Day	Graham Crackers & Fruit (WGR) Graham Crackers Fruit	Cracker Mix & Dried Fruit (WGR)^ Gold Fish, WGR Cracker, Pretzel Dried Fruit	Whole Grain Crackers & Apple Sauce (WGR) Whole Grain Crackers Apple Sauce	Vegetable Chips & House Made Dipping Sauce (WGR) Vegetable Chip Mix House Sauce
12	13	14	15	16
Pretzels & Apricot Puree (WGR) Pretzel, Honey, Apricot Puree	Animal Crackers & Fruit (WGR) Animal Crackers Fruit	Cereal Mix & Dried Fruit (WGR) Cherios, Chex Dried Fruit	Graham Crackers & Applesauce (WGR) Graham Crackers, Apple Sauce	Pita & House Made Dipping Sauce (WGR) Pita House Sauce
19	20	21	22	23
Cheese Cracker & Apple Slices (WGR)^ Cheese Cracker , Apple Slices	Graham Crackers & Fruit (WGR) Graham Crackers Fruit	Cracker Mix & Dried Fruit (WGR)^ Gold Fish, WGR Cracker, Pretzel Dried Fruit	Whole Grain Crackers & Apple Sauce (WGR) Whole Grain Crackers Apple Sauce	Pita & House Made Dipping Sauce (WGR) Pita House Sauce
26	27	28	29	30
Pretzels & Apricot Puree (WGR) Pretzel, Honey, Apricot Puree	Animal Crackers & Fruit (WGR) Animal Crackers Fruit	Cereal Mix & Dried Fruit (WGR) Cherios, Chex Dried Fruit	Graham Crackers & Applesauce (WGR) Graham Crackers, Apple Sauce	Pita & House Made Dipping Sauce (WGR) Pita House Sauce

**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 emtree marked with ( )

items marked with ^ contain allergens. see ingredient list for details

the main grain component in each meal is: (WGR) - whole grain mix