

AM Snack Menu (October 2021)



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
				1
				Raspberry Biscuit, Apple Slices & Milk (WGR) [^] Cornbread Apple Slices Milk
4	5	6	7	8
Cherry Apple Oat Snack Bar, Cranberry Raspberry Juice & Cheese (WGR) [^] Oat Bar Cranberry Raspberry Juice Cheese	Cereal, Fruit & Milk (WGR) [^] Cheerios Fruit Milk	Bagel with Cheese, Pear (WGR) [^] Bagel Cheese Pear	Whole Grain Cinnamon Bread, Apple Sauce, & Milk (WGR) [^] Whole Grain Bread Apple Sauce Milk	Strawberry Biscuit, Orange Slices & Cheese (WGR) [^] Cornbread Orange Slices Cheese
11	12	13	14	15
Whole Grain Oat Bar, Tangerine Orange Juice & Cheese (WGR) [^] Oat Bar Tangerine Orange Juice Cheese	Cereal, Fruit & Milk (WGR) [^] Chex Fruit Milk	Wheat Whole Grain Soy Butter & Jelly Sandwich with Pear (WGR) [^] Whole Wheat Grain Soy Butter & Jelly Sandwich with Pear Sauce	Whole Grain Breadstick (Berry & Neufchatel Stuffed) with Banana & Cheese (WGR) [^] Whole Grain Bread Stick Banana Cheese	Raspberry Biscuit, Apple Slices & Milk (WGR) [^] Cornbread Apple Slices Milk
18	19	20	21	24
Cherry Apple Oat Snack Bar, Cranberry Raspberry Juice & Cheese (WGR) [^] Oat Bar Cranberry Raspberry Juice Cheese	Cereal, Fruit & Milk (WGR) [^] Cheerios Fruit Milk	Bagel with Cheese, Pear (WGR) [^] Bagel Cheese Pear	Whole Grain Cinnamon Bread, Apple Sauce, & Milk (WGR) [^] Whole Grain Bread Apple Sauce Milk	Strawberry Biscuit, Orange Slices & Cheese (WGR) [^] Cornbread Orange Slices Cheese
25	26	27	28	29
Whole Grain Oat Bar, Tangerine Orange Juice & Cheese (WGR) [^] Oat Bar Tangerine Orange Juice Cheese	Cereal, Fruit & Milk (WGR) [^] Chex Fruit Milk	Wheat Whole Grain Soy Butter & Jelly Sandwich with Pear (WGR) [^] Whole Wheat Grain Soy Butter & Jelly Sandwich with Pear Sauce	Whole Grain Breadstick French Toast with Banana & Milk (WGR) [^] Whole Grain Bread Stick Banana Cheese	Raspberry Biscuit, Apple Slices & Milk (WGR) [^] Cornbread Apple Slices 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