

PM Snack Menu (October 2021)



GREEN SPROUTS FOOD
GROW CHERISH THRIVE



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
				1
				Cheese Cracker & Fruit (WGR)^ Cheese Cracker Fruit
4	5	6	7	8
Whole Grain French Toast & Apple Sauce (WGR) French Toast Apple Sauce	Graham Crackers & Fruit (WGR) Graham Crackers Fruit	Cracker Mix & Fruit (WGR)^ Gold Fish, WGR Cracker, Pretzel Fruit	Whole Grain Crackers & Apricot Sauce (WGR) Whole Grain Crackers Apricot Sauce	Vegetable Chips & House Made Dipping Sauce (WGR) Vegetable Chip Mix House Sauce
11	12	13	14	15
Pretzels Bread & Apricot Sauce (WGR) Pretzel Bread Honey Apricot Sauce	Animal Crackers & Fruit (WGR) Animal Crackers Fruit	Strawberry Waffle Crackers & Cheese (WGR) Strawberry Waffle Cracker Cheese	Graham Crackers & Apple Sauce (WGR) Graham Crackers Apple Sauce	Cheese Cracker & Fruit (WGR)^ Cheese Cracker Fruit
16	17	18	19	20
Whole Grain French Toast & Apple Sauce (WGR) French Toast Apple Sauce	Graham Crackers & Fruit (WGR) Graham Crackers Fruit	Cracker Mix & Fruit (WGR)^ Gold Fish, WGR Cracker, Pretzel Fruit	Whole Grain Crackers & Apricot Sauce (WGR) Whole Grain Crackers Apricot Sauce	Vegetable Chips & House Made Dipping Sauce (WGR) Vegetable Chip Mix House Sauce
25	26	27	28	29
Pretzels Bread & Apricot Sauce (WGR) Pretzel Bread Honey Apricot Sauce	Animal Crackers & Fruit (WGR) Animal Crackers Fruit	Strawberry Waffle Crackers & Cheese (WGR) Strawberry Waffle Cracker Cheese	Graham Crackers & Apple Sauce (WGR) Graham Crackers Apple Sauce	Cheese Cracker & Fruit (WGR)^ Cheese Cracker Fruit

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 (v)

items marked with ^ contain allergens. see ingredient list for details
the main grain component in each meal is: (WGR) - whole grain mix