

AM Snack Menu (January 2022)



😊 Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
3	4	5	6	7
Cherry Apple Oat Snack Bar, Cranberry Raspberry Juice & Cheese (WGR) [^] Oat Bar Cranberry Raspberry Juice Cheese	Cereal, Fruit & Milk (WGR) [^] Cherrios Fruit Milk	Whole Grain Blueberry Muffin (WGR) [^] Whole Grain Blueberry Muffin Cheese Peach Sauce	Whole Grain Cinnamon Bread, Apple Sauce, & Milk (WGR) [^] Whole Grain Bread Apple Sauce Milk	Raspberry Biscuit, Fruit & Cheese (WGR) [^] Cornbread Fruit Cheese
10	11	12	13	14
Carrot Apple Oat Muffin, Tangerine Orange Juice & Cheese (WGR) [^] Oat Muffin Tangerine Orange Juice Cheese	Cereal, Fruit & Milk (WGR) [^] Chex Fruit Milk	Whole Grain Oat & Banana Muffin (WGR) [^] Whole Grain Oat & Banana Muffin Cheese Pear Sauce	Mini Bagel with Milk & Apple (WGR) [^] Bagel Milk Apple Slices	Strawberry Biscuit, Fruit & Cheese (WGR) [^] Cornbread Fruit Cheese
17	18	19	20	21
Cherry Apple Oat Snack Bar, Cranberry Raspberry Juice & Cheese (WGR) [^] Oat Bar Cranberry Raspberry Juice Cheese	Cereal, Fruit & Milk (WGR) [^] Cherrios Fruit Milk	Whole Grain Blueberry Muffin (WGR) [^] Whole Grain Blueberry Muffin Cheese Peach Sauce	Whole Grain Cinnamon Bread, Apple Sauce, & Milk (WGR) [^] Whole Grain Bread Apple Sauce Milk	Raspberry Biscuit, Fruit & Cheese (WGR) [^] Cornbread Fruit Cheese
24	25	26	27	28
Carrot Apple Oat Muffin, Tangerine Orange Juice & Cheese (WGR) [^] Oat Muffin Tangerine Orange Juice Cheese	Cereal, Fruit & Milk (WGR) [^] Chex Fruit Milk	Whole Grain Oat & Banana Muffin (WGR) [^] Whole Grain Oat & Banana Muffin Cheese Pear Sauce	Mini Bagel with Milk & Apple (WGR) [^] Bagel Milk Apple Slices	Strawberry Biscuit, Fruit & Cheese (WGR) [^] Cornbread Fruit Cheese
31				
Cherry Apple Oat Snack Bar, Cranberry Raspberry Juice & Cheese (WGR) [^] Oat Bar Cranberry Raspberry Juice Cheese				

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 Meal