

PM Snack Menu (January 2022)



GREEN SPROUTS FOOD
GROW. CHERISH. THRIVE.



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
3	4	5	6	7
Whole Grain French Toast & Apricot Sauce (WGR) French Toast Apricot Sauce	Animal Crackers & Fruit (WGR) Animal Crackers Fruit	Granola Cinnamon Crisps & Cheese (WGR)^ Granola Cinnamon Crisps Cheese	Graham Crackers & Apricot Sauce (WGR) Graham Crackers Apricot Sauce	Cheese Cracker & Fruit (WGR)^ Cheese Cracker Fruit
10	11	12	13	14
Pretzels & Apple Sauce (WGR) Pretzel Bread Honey Apple Sauce	Graham Crackers & Fruit (WGR) Graham Crackers Fruit	Cracker Mix & Fruit (WGR)^ Gold Fish, WGR Cracker, Pretzel Fruit	Whole Grain Crackers & Apple Sauce (WGR) Whole Grain Crackers Apple Sauce	Vegetable Chips & House Made Dipping Sauce (WGR) Vegetable Chip Mix House Sauce
17	18	19	20	21
Whole Grain French Toast & Apricot Sauce (WGR) French Toast Apricot Sauce	Animal Crackers & Fruit (WGR) Animal Crackers Fruit	Granola Cinnamon Crisps & Cheese (WGR)^ Granola Cinnamon Crisps Cheese	Graham Crackers & Apricot Sauce (WGR) Graham Crackers Apricot Sauce	Cheese Cracker & Fruit (WGR)^ Cheese Cracker Fruit
24	25	26	27	28
Pretzels & Apple Sauce (WGR) Pretzel Bread Honey Apple Sauce	Graham Crackers & Fruit (WGR) Graham Crackers Fruit	Cracker Mix & Fruit (WGR)^ Gold Fish, WGR Cracker, Pretzel Fruit	Whole Grain Crackers & Apple Sauce (WGR) Whole Grain Crackers Apple Sauce	Vegetable Chips & House Made Dipping Sauce (WGR) Vegetable Chip Mix House Sauce
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Whole Grain French Toast & Apricot Sauce (WGR) French Toast Apricot 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 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