

## AM Snack Menu (June 2022)



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
		1	2	3
		<b>Whole Grain Blueberry Muffin</b> (WGR) <sup>^</sup> Whole Grain Blueberry Muffin Mandarin Milk	<b>Mini Bagel with Fruit &amp; Milk</b> (WGR) <sup>^</sup> Bagel Fruit Milk	<b>Raspberry Biscuit, Juice &amp; Milk</b> (WGR) <sup>^</sup> Cornbread Cranberry Raspberry Juice Milk
🍌 6	7	8	🍌 9	10
<b>Yogurt Peach Parfait</b> (MMA) <sup>^</sup> Low Fat Yogurt Peach Graham Cracker Milk	<b>Cereal, Fruit &amp; Milk</b> (WGR) <sup>^</sup> Cherrios Fruit Milk	<b>Whole Grain Oat &amp; Banana Muffin</b> (WGR) <sup>^</sup> Whole Grain Oat & Banana Muffin Apple Sauce Milk	<b>Apple Cinnamon Bread, Fruit &amp; Milk</b> (WGR) <sup>^</sup> Bread Fruit Milk	<b>Strawberry Biscuit, Juice &amp; Milk</b> (WGR) <sup>^</sup> Cornbread Tangerine Orange Juice Milk
13	14	15	16	17
<b>Yogurt, Fruit, &amp; Milk</b> (MMA) <sup>^</sup> Low Fat Yogurt Fruit Milk	<b>Cereal, Fruit &amp; Milk</b> (WGR) <sup>^</sup> Chex Fruit Milk	<b>Whole Grain Blueberry Muffin</b> (WGR) <sup>^</sup> Whole Grain Blueberry Muffin Mandarin Milk	<b>Mini Bagel with Fruit &amp; Milk</b> (WGR) <sup>^</sup> Bagel Fruit Milk	<b>Raspberry Biscuit, Juice &amp; Milk</b> (WGR) <sup>^</sup> Cornbread Cranberry Raspberry Juice Milk
20	21	22	23	24
<b>Yogurt Peach Parfait</b> (MMA) <sup>^</sup> Low Fat Yogurt Peach Graham Cracker Milk	<b>Cereal, Fruit &amp; Milk</b> (WGR) <sup>^</sup> Cherrios Fruit Milk	<b>Whole Grain Oat &amp; Banana Muffin</b> (WGR) <sup>^</sup> Whole Grain Oat & Banana Muffin Apple Sauce Milk	<b>Apple Cinnamon Bread, Fruit &amp; Milk</b> (WGR) <sup>^</sup> Bread Fruit Milk	<b>Strawberry Biscuit, Juice &amp; Milk</b> (WGR) <sup>^</sup> Cornbread Tangerine Orange Juice Milk
27	28	29	30	
<b>Yogurt, Fruit, &amp; Milk</b> (MMA) <sup>^</sup> Low Fat Yogurt Fruit Milk	<b>Cereal, Fruit &amp; Milk</b> (WGR) <sup>^</sup> Chex Fruit Milk	<b>Whole Grain Blueberry Muffin</b> (WGR) <sup>^</sup> Whole Grain Blueberry Muffin Mandarin Milk	<b>Mini Bagel with Fruit &amp; Milk</b> (WGR) <sup>^</sup> Bagel Fruit 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