

PM Snack Menu (June 2022)



GREEN SPROUTS FOOD
GROW CHERISH THRIVE



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
		🍌 1	2	3
		Whole Wheat Cracker & Orange Tangerine Juice (WGR) Whole Wheat Cracker Juice	Pretzels & Fruit (WGR) Pretzels Fruit	Cheese & Carrots (MMA)^ Cheese Carrots
6	7	8	9	10
Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Cheese Crackers & Fruit (WGR) Cheese Crackers Fruit	Cracker Mix & Carrots (WGR)^ Gold Fish, WGR Cracker, Pretzel Carrots	Graham Crackers & Fruit (WGR) Graham Crackers Fruit	Cheese & Celery (MMA)^ Cheese Celery
🍌 13	14	15	16	17
Chex Cracker Mix & Fruit (WGR) Chex, Triscuit, Pretzel Fruit	Garlic Texas Toast & Marinara Sauce (WGR) Garlic Texas Toast Marinara Sauce	Whole Wheat Cracker & Orange Tangerine Juice (WGR) Whole Wheat Cracker Juice	Pretzels & Fruit (WGR) Pretzels Fruit	Cheese & Carrots (MMA)^ Cheese Carrots
20	21	22	23	24
Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Cheese Crackers & Fruit (WGR) Cheese Crackers Fruit	Cracker Mix & Carrots (WGR)^ Gold Fish, WGR Cracker, Pretzel Carrots	Graham Crackers & Fruit (WGR) Graham Crackers Fruit	Cheese & Celery (MMA)^ Cheese Celery
27	28	29	30	
Chex Cracker Mix & Fruit (WGR) Chex, Triscuit, Pretzel Fruit	Garlic Texas Toast & Marinara Sauce (WGR) Garlic Texas Toast Marinara Sauce	Whole Wheat Cracker & Orange Tangerine Juice (WGR) Whole Wheat Cracker Juice	Pretzels & Fruit (WGR) Pretzels 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 wheat