

AM Snack Menu (Aug 2022)



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
1	2	3	4	5
Yogurt Peach Parfait (MMA)^ Low Fat Yogurt Peach Graham Cracker Milk	Cereal, Fruit & Milk (WGR)^ Cheerios Fruit Milk	Whole Grain Oat & Banana Muffin (WGR)^ Whole Grain Oat & Banana Muffin Apple Sauce Milk	Apple Cinnamon Bread, Fruit & Milk (WGR)^ Bread Fruit Milk	Raspberry Biscuit, Fruit & Milk (WGR)^ Cornbread Fruit Milk
8	9	10	11	12
Yogurt Pear Parfait (MMA)^ Low Fat Yogurt Pear Graham Cracker Milk	Cereal, Fruit & Milk (WGR)^ Chex Fruit Milk	Whole Grain Blueberry Muffin (WGR)^ Whole Grain Blueberry Muffin Mandarin Milk	Mini Bagel with Fruit & Milk (WGR)^ Bagel Fruit Milk	Strawberry Biscuit, Fruit & Milk (WGR)^ Cornbread Fruit Milk
15	16	17	18	19
Yogurt Peach Parfait (MMA)^ Low Fat Yogurt Peach Graham Cracker Milk	Cereal, Fruit & Milk (WGR)^ Cheerios Fruit Milk	Whole Grain Oat & Banana Muffin (WGR)^ Whole Grain Oat & Banana Muffin Apple Sauce Milk	Apple Cinnamon Bread, Fruit & Milk (WGR)^ Bread Fruit Milk	Raspberry Biscuit, Fruit & Milk (WGR)^ Cornbread Fruit Milk
22	23	24	25	26
Yogurt Pear Parfait (MMA)^ Low Fat Yogurt Pear Graham Cracker Milk	Cereal, Fruit & Milk (WGR)^ Chex Fruit Milk	Whole Grain Blueberry Muffin (WGR)^ Whole Grain Blueberry Muffin Mandarin Milk	Mini Bagel with Fruit & Milk (WGR)^ Bagel Fruit Milk	Strawberry Biscuit, Fruit & Milk (WGR)^ Cornbread Fruit Milk
29	30	31		
Yogurt Peach Parfait (MMA)^ Low Fat Yogurt Peach Graham Cracker Milk	Cereal, Fruit & Milk (WGR)^ Cheerios Fruit Milk	Whole Grain Oat & Banana Muffin (WGR)^ Whole Grain Oat & Banana Muffin Apple Sauce 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