

PM Snack Menu (Aug 2022)



GREEN SPROUTS FOOD
GROW CHERISH THRIVE



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
1	2	3	4	5
Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Cheese Crackers & Fruit (WGR) Cheese Crackers Fruit	Whole Wheat Cracker & Orange Tangerine Juice (WGR) Whole Wheat Cracker Juice	Graham Crackers & Fruit (WGR) Graham Crackers Fruit	Cheese & Celery (MMA) [^] Cheese Celery
8	9	10	11	12
Chex Crackers Mix & Fruit (WGR) Chex, Triscuit, Pretzel Fruit	Garlic Texas Toast & Marinara Sauce (WGR) Garlic Texas Toast Marinara Sauce	Cracker Mix & Cranberry Raspberry Juice (WGR) [^] Gold Fish, WGR Cracker, Pretzel Juice	Pretzels & Fruit (WGR) Pretzels Fruit	Cheese & Carrots (MMA) [^] Cheese Carrots
15	16	17	18	19
Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Cheese Crackers & Fruit (WGR) Cheese Crackers Fruit	Whole Wheat Cracker & Orange Tangerine Juice (WGR) Whole Wheat Cracker Juice	Graham Crackers & Fruit (WGR) Graham Crackers Fruit	Cheese & Celery (MMA) [^] Cheese Celery
22	23	24	25	26
Chex Crackers Mix & Fruit (WGR) Chex, Triscuit, Pretzel Fruit	Garlic Texas Toast & Marinara Sauce (WGR) Garlic Texas Toast Marinara Sauce	Cracker Mix & Cranberry Raspberry Juice (WGR) [^] Gold Fish, WGR Cracker, Pretzel Juice	Pretzels & Fruit (WGR) Pretzels Fruit	Cheese & Carrots (MMA) [^] Cheese Carrots
29	30	31		
Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Cheese Crackers & Fruit (WGR) Cheese Crackers Fruit	Whole Wheat Cracker & Orange Tangerine Juice (WGR) Whole Wheat Cracker Juice		

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 (MMA) contain allergens. See ingredient list for details.
the main grain component in each meal is: (WGR) - whole grain wheat