

# AM Snack Menu (January 2023)



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
2 New Year	3 Cereal, Fruit & Milk (WGR)^ Milk	4 Whole Grain Blueberry Muffin (WGR)^ Milk	5 Fruit & Milk (WGR)^ Milk	6 Biscuit, Fruit & Milk (WGR)^ Fruit Milk
9 Yogurt Peach Parfait (MMA)^ Low Fat Yogurt each Milk	10 Cereal, Fruit & Milk (WGR)^ Milk	11 Whole Grain Oat & Banana Muffin (WGR)^ Banana Muffin Sauce Milk	12 Hammer Bread, Fruit & Milk (WGR)^ Hammer Bread Fruit Milk	13 Biscuit, Fruit & Milk (WGR)^ Biscuit Fruit Milk
16 Yogurt Pear Parfait (MMA)^ Low Fat Yogurt Pear Milk	17 Cereal, Fruit & Milk (WGR)^ Milk	18 Whole Grain Blueberry Muffin (WGR)^ Milk	19 Fruit & Milk (WGR)^ Milk	20 Biscuit, Fruit & Milk (WGR)^ Fruit Milk
23 Yogurt Peach Parfait (MMA)^ Low Fat Yogurt each Milk	24 Cereal, Fruit & Milk (WGR)^ Milk	25 Whole Grain Oat & Banana Muffin (WGR)^ Banana Muffin Sauce Milk	26 Hammer Bread, Fruit & Milk (WGR)^ Hammer Bread Fruit Milk	27 Biscuit, Fruit & Milk (WGR)^ Biscuit Fruit Milk
30 Yogurt Pear Parfait (MMA)^ Low Fat Yogurt Pear Milk	31 Cereal, Fruit & Milk (WGR)^ 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 - High School Serving Sizes**  
 Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

**Diary Free (DF) Gluten Free (GF) Soy Free (SF)**  
 Veggie inside entree marked with (\*)  
 Items marked with ^ contain Allergens. See ingredient list for detail  
 The main grain component in each meal are "