

PM Snack Menu (January 2023)



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
2	3	4	5	6
New Year	Texas Toast & Marinara Sauce (WGR) Garlic Texas Toast Marinara Sauce	Cranberry Raspberry Juice (WGR)^ WGR Cracker, Pretzel, Juice	(WGR) Graham Crackers Craisin	Cheese & Carrots (MMA)^ Cheese Carrots
9	10	11	12	13
Main Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Cheese Crackers & Fruit (WGR)^ Cheese Crackers Fruit	Whole Wheat Cracker & Orange Tangerine (WGR) Whole Wheat Cracker Juice	(WGR) Raisin Pretzels	Cheese & Animal Wheat Cracker (MMA)^ Cheese Wheat Cracker
16	17	18	19	20
Cracker Mix & Fruit (WGR)^ Triscuit Cracker, Pretzel, Fruit	Texas Toast & Marinara Sauce (WGR) Garlic Texas Toast Marinara Sauce	Cranberry Raspberry Juice (WGR)^ WGR Cracker, Pretzel, Juice	(WGR) Graham Crackers Craisin	Cheese & Carrots (MMA)^ Cheese Carrots
23	24	25	26	27
Main Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Cheese Crackers & Fruit (WGR)^ Cheese Crackers Fruit	Whole Wheat Cracker & Orange Tangerine (WGR) Whole Wheat Cracker Juice	Pretzel&Raisin Raisin Pretzels (WGR)	Cheese & Animal Wheat Cracker (MMA)^ Cheese Wheat Cracker
30	31			
Cracker Mix & Fruit (WGR)^ Triscuit Cracker, Pretzel, Fruit	Texas Toast & Marinara Sauce (WGR) Garlic Texas Toast Marinara Sauce			

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 "WGR" - Whole Grain Rich