

AM Snack Menu (February 2023)



Taste Our Exciting New Items!

MON	TUE	WED	THU	FRI
		1 Whole Grain Blueberry Muffin (WGR) [^] Milk	2 Fruit & Milk (WGR) [^] Milk	3 Biscuit, Fruit & Milk (WGR) [^] Milk
6 Yogurt Peach Parfait (MMA) [^] Low Fat Yogurt Milk	7 Cereal, Fruit & Milk (WGR) [^] Milk	8 Whole Grain Oat & Banana Muffin (WGR) [^] Banana Muffin Milk	9 Hammer Bread, Fruit & Milk (WGR) [^] Milk	10 Biscuit, Fruit & Milk (WGR) [^] Milk
13 Yogurt Pear Parfait (MMA) [^] Low Fat Yogurt Milk	14 Cereal, Fruit & Milk (WGR) [^] Milk	15 Whole Grain Blueberry Muffin (WGR) [^] Milk	16 Fruit & Milk (WGR) [^] Milk	17 Biscuit, Fruit & Milk (WGR) [^] Milk
20 Yogurt Peach Parfait (MMA) [^] Low Fat Yogurt Milk	21 Cereal, Fruit & Milk (WGR) [^] Milk	22 Whole Grain Oat & Banana Muffin (WGR) [^] Banana Muffin Milk	23 Hammer Bread, Fruit & Milk (WGR) [^] Milk	24 Biscuit, Fruit & Milk (WGR) [^] Milk
27 Yogurt Pear Parfait (MMA) [^] Low Fat Yogurt Milk	28 Cereal, Fruit & Milk (WGR) [^] Milk			

Pre-School Serving Sizes
 Meat 2 1/2 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup
 Cereal, Milk School Grades 1-5
 Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Dairy Free (DF) Gluten Free (GF) Soy Free (SF)
 Vanilla Icedo entree marked with (V)
 Items marked with a triangle Allergene See ingredient list for detail
 The main grain component in each meal are "