

AM Snack Menu (June 2023)



MON	TUE	WED	THU	FRI
			1	2
			Mini Bagel with Fruit & Milk (WGR)^ Bagel Milk	Raspberry Biscuit, Fruit & Milk (WGR)^ Cornbread Fruit Milk
5	6	7	8	9
Yogurt Pear Parfait (MMA)^ Low Fat Yogurt Pear Graham Cracker Crumble Milk	Cereal, Fruit & Milk (WGR)^ Cheerios Milk	Whole Grain Blueberry Muffin & Fruit (WGR)^ Whole Grain Blueberry Muffin Milk	Pumpkin Cinnamon Bread, Fruit & Milk (WGR)^ Pumpkin Bread Milk	Strawberry Biscuit, Fruit & Milk (WGR)^ Cornbread Fruit Milk
12	13	14	15	16
Yogurt Peach Parfait (MMA)^ Low Fat Yogurt Peach Graham Cracker Crumble Milk	Cereal, Fruit & Milk (WGR)^ Chex Milk	Whole Grain Oat & Banana Muffin & Fruit (WGR)^ Whole Grain Oat & Banana Muffin Milk	Mini Bagel with Fruit & Milk (WGR)^ Bagel Milk	Raspberry Biscuit, Fruit & Milk (WGR)^ Cornbread Fruit Milk
19	20	21	22	23
Yogurt Pear Parfait (MMA)^ Low Fat Yogurt Pear Graham Cracker Crumble Milk	Cereal, Fruit & Milk (WGR)^ Cheerios Milk	Whole Grain Blueberry Muffin & Fruit (WGR)^ Whole Grain Blueberry Muffin Milk	Pumpkin Cinnamon Bread, Fruit & Milk (WGR)^ Pumpkin Bread Milk	Strawberry Biscuit, Fruit & Milk (WGR)^ Cornbread Fruit Milk
26	27	28	29	30
Yogurt Peach Parfait (MMA)^ Low Fat Yogurt Peach Graham Cracker Crumble Milk	Cereal, Fruit & Milk (WGR)^ Chex Milk	Whole Grain Oat & Banana Muffin & Fruit (WGR)^ Whole Grain Oat & Banana Muffin Milk	Mini Bagel with Fruit & Milk (WGR)^ Bagel Milk	Raspberry Biscuit, Fruit & Milk (WGR)^ Cornbread Fruit 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 mea