

PM Snack Menu (June 2023)



MON	TUE	WED	THU	FRI
			1	2
			Pretzel&Raisin (WGR) Pretzels Raisin	Cheese & Animal Wheat Cracker (MMA)^ Cheese Wheat Cracker
5	6	7	8	9
Chex Cracker Mix & Fruit (WGR)^ Chex,Triscuit Cracker, Pretzel, Fruit	Garlic Texas Toast & Marinara Sauce (WGR) Garlic Texas Toast Marinara Sauce	Whole Wheat Cracker & Orange Tangerine Juice (WGR) Whole Wheat Cracker Juice	Graham Crackers & Fruit (WGR) Graham Crackers& Fruit	Cheese & Carrots (MMA)^ Cheese Carrots
12	13	14	15	16
Whole Grain Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Cheese Crackers & Peach (WGR)^ Cheese Crackers Fruit	Whole Grain Strawberry Cracker & Cranberry Raspberry Juice (WGR)^ WGR Strawberry Cracker, Juice	Pretzel&Raisin (WGR) Pretzels Raisin	Cheese & Animal Wheat Cracker (MMA)^ Cheese Wheat Cracker
19	20	21	22	23
Chex Cracker Mix & Fruit (WGR)^ Chex,Triscuit Cracker, Pretzel, Fruit	Garlic Texas Toast & Marinara Sauce (WGR) Garlic Texas Toast Marinara Sauce	Whole Wheat Cracker & Orange Tangerine Juice (WGR) Whole Wheat Cracker Juice	Graham Crackers & Fruit (WGR) Graham Crackers & Fruit	Cheese & Carrots (MMA)^ Cheese Carrots
26	27	28	29	30
Whole Grain Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Cheese Crackers & Peach (WGR)^ Cheese Crackers Fruit	Whole Grain Strawberry Cracker & Cranberry Raspberry Juice (WGR)^ WGR Strawberry Cracker, Juice	Pretzel&Raisin (WGR) Pretzels Raisin	Cheese & Animal Wheat Cracker (MMA)^ Cheese Wheat Cracker

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