

PM Snack Menu (September 2023)



MON	TUE	WED	THU	FRI
				1
				Juice & Animal Wheat Cracker (WGR) Juice Wheat Cracker
4	5	6	7	8
Whole Grain Strawberry Cracker & Juice (WGR) [^] WGR Strawberry Cracker, Juice	Cheese Crackers & Fruit (WGR) [^] Cheese Crackers Fruit	Apple Slices, Sun butter (WGR) Apple Slices Sunbutter	Pretzel and Raisins (WGR) Pretzels Raisins	Sun Butter & Carrots (WGR) Sun Butter Carrots
11	12	13	14	15
Whole Grain Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Turkey and Cheddar Wraps (WGR) Turkey and Cheese Tortilla	Whole Wheat Cracker & Juice (WGR) Whole Wheat Cracker Juice	Graham Crackers & Apple Sauce (WGR) Graham Crackers Apple sauce	Juice & Animal Wheat Cracker (WGR) Juice Wheat Cracker
18	19	20	21	22
Whole Grain Strawberry Cracker & Juice (WGR) [^] WGR Strawberry Cracker, Juice	Cheese Crackers & Fruit (WGR) [^] Cheese Crackers Fruit	Apple Slices, Sun butter (WGR) Apple Slices Sunbutter	Pretzel and Raisins (WGR) Pretzels Raisins	Sun Butter & Carrots (WGR) Sun Butter Carrots
25	26	27	28	29
Whole Grain Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Turkey and Cheddar Wraps (WGR) Turkey and Cheese Tortilla	Whole Wheat Cracker & Orange Tangerine Juice (WGR) Whole Wheat Cracker Juice	Graham Crackers & Apple Sauce (WGR) Graham Crackers Apple sauce	Juice & Animal Wheat Cracker (WGR) Juice Wheat Cracker

Dairy Free (DF) Gluten Free (GF) Soy Free (SF)
 Veggie inside entree marked with (*)
 Items marked with ^ contain Allergens.
 The main grain component in each meal are "WGR" - Whole Grain Rich