

PM Snack Menu (February 2024)



MON	TUE	WED	THU	FRI
			1	2
			Soft Pretzel and Cheese (WGR) Pretzels Cheese	Carrots with Hummus (WGR) Hummus Carrots
5	6	7	8	9
Whole Grain Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Whole Wheat Cracker & Fruit (WGR) Whole Wheat Cracker Fruit	Turkey and Cheddar Wraps (WGR) Turkey and Cheese Wraps	Graham Crackers & Apple Sauce (WGR) Graham Crackers Apple sauce	Fruit & Animal Wheat Cracker (WGR) Fruit Wheat Cracker
12	13	14	15	16
Whole Grain Strawberry Cracker & Fruit (WGR) (WGR)^ WGR Strawberry Cracker, Fruit	Cheese Crackers & Fruit (WGR)^ Cheese Crackers Fruit	Apple Slices, Sun butter (WGR) Apple Slices Sunbutter	Soft Pretzel and Cheese (WGR) Pretzels Cheese	Carrots with Hummus (WGR) Hummus Carrots
19	20	21	22	23
Whole Grain Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa	Whole Wheat Cracker & Fruit (WGR) Whole Wheat Cracker Fruit	Turkey and Cheddar Wraps (WGR) Turkey and Cheese Wraps	Graham Crackers & Apple Sauce (WGR) Graham Crackers Apple sauce	Fruit & Animal Wheat Cracker (WGR) Fruit Wheat Cracker
26	27	28	29	
Whole Grain Strawberry Cracker & Fruit (WGR) (WGR)^ WGR Strawberry Cracker, Fruit	Cheese Crackers & Fruit (WGR)^ Cheese Crackers Fruit	Apple Slices, Sun butter (WGR) Apple Slices Sunbutter		

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