

PM Snack Menu (March 2024)



| MON | TUE | WED | THU | FRI |
|--|--|---|--|---|
| | | | | 1 |
| | | | | Carrots with Ranch (WGR) Ranch Carrots |
| 4 | 5 | 6 | 7 | 8 |
| Graham Crackers & Apple Sauce (WGR) Graham Crackers Apple sauce | Apple Slices with Cheese (WGR) Apple Slices Cheese | Whole Grain Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa | Turkey and Cheddar Wraps (WGR) Turkey and Cheddar Wraps | Whole Wheat Cracker & Cheese (WGR) Whole Wheat Cracker Cheese |
| 11 | 12 | 13 | 14 | 15 |
| Whole Grain Strawberry Cracker & Fruit (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 Ranch (WGR) Ranch Carrots |
| 18 | 19 | 20 | 21 | 22 |
| Graham Crackers & Apple Sauce (WGR) Graham Crackers Apple sauce | Apple Slices with Cheese (WGR) Apple Slices Cheese | Whole Grain Tortilla Chips & Salsa (WGR) Whole Grain Tortilla Chips Salsa | Turkey and Cheddar Wraps (WGR) Turkey and Cheddar Wraps | Whole Wheat Cracker & Cheese (WGR) Whole Wheat Cracker Cheese |
| 25 | 26 | 27 | 28 | 29 |
| Whole Grain Strawberry Cracker & Fruit (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 Ranch (WGR) Ranch Carrots |

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

Dairy 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