



# November

## 2022-2023 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Nutri Grain Bar Juice	2 Apple sauce Graham cracker	3 Sun Chips Milk	4 Fruit cup Milk
7 Chef's Choice	8 Pop-Tarts Whole Grain Milk	9 Nutri-Grain Bar Milk	10 Cheerios Cereal Bar Milk	11  <b>Veteran's Day</b> <b>No School</b>
14 Cheez It Whole Grain Milk	15 Rice Krispies Treats Milk	16 Cookie Milk	17 Animal Cookies Juice	18 Chef's Choice
21				25
29 Graham Crackers Milk	30 Brownie Milk	31 Fruit Cup Milk		

\*Menu is subject to change without notice\* \*Not all items may be available everyday\*

\*\*Snack meal consists of 2 of the 5 meal components\*\*

"All of the Grains/Bread items served are whole grain at 2 oz equivalent

Offered Daily: 1 cup 1% unflavored milk & fat free chocolate milk, 3/4 cup of fruit, 3/4 cup of vegetables,  
and 2 oz meat/meat alternative Serving ages: 6-12 & 13-18

