




September

2022-2023 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Nutri-Grain Bar	2 Rice Krispy Treat
5  No School	6 Cookies	7 Animal Crackers	8 Fruit Cup	9 Sun Chips
12 Pop-Tart	13 Yogurt Sun Flower	14 Chef's Choice	15 Cheez its	16 Cheerios Cereal Bar
19 Scooby Doo Graham Crackers	20 Apple Sauce	21 Pretzel Stick	22 Fruit Cup	23 Chocolate Muffin
26 Cinnamon Graham Bug Bite	27 Uncrustable Sandwich	28 Cereal Bar	29 Gold Fish Pretzels	30 Chef's Choice

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

