



## School Year Snack Menu

### AM SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Cereal (reduced sugar) 1% White Milk	4 oz. Yogurt (cup) 1 pc Toast w/Jelly 1% White Milk	WG Cereal (reduced sugar) 1% White Milk	Seasonal Fresh Fruit (3/4c) 1% White Milk	Left Overs

### PM SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 oz. Mozzarella Cheese Stick 100 Cal (28g) Goldfish Crackers 8 oz. Water	Seasonal Fresh Fruit (1 pc or 3/4 c) 28 g Cinnamon Graham Crackers 8 oz. Water	1/2 Turkey/Cheese Sandwich 1 oz. Turkey, 1 oz. Cheese, 28 g WG Bread 8 oz. Water	28g WG Bread Slice  (zucchini or pumpkin) 8oz. 1% Milk	Fun Friday
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2 Turkey/Cheese Sandwich 1 oz. Turkey, 1 oz. Cheese, 28 g WG Bread 8 oz Water	3/4 cup of Canned Fruit 28 g Cinnamon Graham Crackers 8 oz. Water	3/4 Cup Fresh Veggies carrots, celery, cucumbers, grape tomatoes (in season) Ranch Dip Cup 28 g WG Saltine Cracker 8 oz. Water	1 oz. Marble/Colby Jack  Cheese Stick 100 Cal (28 g) Goldfish Crackers 8 oz. water	Fun Friday