

FCCC Before School Snack Menu 2023-2024 School Year

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% White Milk (8oz) WG Cereal (28g) reduced sugar	Water (8oz) Bagel (28g) with cream cheese or jelly Fresh Fruit (3/4 cup)	Water (8oz) Nature Valley Cinnamon Crisp (28g / 1 pk) Yogurt Cup (4oz)	1% White Milk (8oz) WG Cereal (28g) reduced sugar	Water (8oz) String cheese (1oz) Carrots 3/4 c
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% White Milk (8oz) Whole Grain Muffin (28g)	Water (8oz) String Cheese(1oz) Cheezit Crackers (28g)	1% White Milk (8oz) Pillsbury Mini Bagel w/Cinnamon Cream Cheese (28g)	Water (8oz) Crackers Goldfish (28g) Fresh Fruit (3/4 cup)	1% White Milk (8oz) Sweet Bread (28g)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Water (8oz) WG Educational Cookies (28g) Sun Butter (1oz)	1% White Milk (8oz) Cinnamon Graham Crackers (28g)	Water (8oz) String Cheese (1oz) Fresh Fruit (3/4 cup)	1% White Milk (8oz) Sweet Bread (28g)	Water (8oz) Pillsbury Mini Bagel (28g) with Strawberry Cream Cheese Fresh Fruit (3/4 cup)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% White Milk (8oz) Whole Grain Muffin (28g)	Water (8oz) String Cheese(1oz) Cheezit Crackers (28g)	1% White Milk (8oz) Pillsbury Mini Bagel w/Cinnamon Cream Cheese (28g)	Water (8oz) Crackers Goldfish (28g) Fresh Fruit (3/4 cup)	1% White Milk (8oz) Sweet Bread (28g)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Water (8oz) WG Educational Cookies (28g) Sun Butter (1oz)	1% White Milk (8oz) Cinnamon Graham Crackers (28g)	Water (8oz) String Cheese (1oz) Fresh Fruit (3/4 cup)	1% White Milk (8oz) Sweet Bread (28g)	Water (8oz) Pillsbury Mini Bagel (28g) with Strawberry Cream Cheese Fresh Fruit (3/4 cup)
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