



August Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Special Notes
			1 Morning Yogurt & Blueberries Afternoon Apples Sun Butter	2 Morning Applesauce & Graham Crackers Afternoon Pita Chips Hummus	*** Water is available to students at all times. *** Fresh fruits are seasonal and may change based on availability. *** Snack menu is subject to change based on availability.
5 Morning Whole Wheat Bread & Jelly Afternoon Carrots Hummus	6 Morning Yogurt & Granola Afternoon Apples Sun Butter	7 Morning Oatmeal & Craisins Afternoon Whole Wheat Crackers & Mozzarella	8 Morning Cheerios & Apples Afternoon Crackers Raisins	9 Morning Yogurt & Granola Afternoon Carrots Hummus	Serving Sizes Cereal 1/3 c. Pretzels 3 lg/10 sm Multigrain Crackers 2 Townhouse/Ritz/Club 3 Multigrain Bread 1/2 Slice Yogurt 1/2 c. Apple Slices 3 Avocado 1/4 c. Graham Crackers 1 Wheat Thins 8 Cheez-Its 14 Goldfish 20 Veggie Chips 15 Baked Crackers 14 Baked Pita Chips 10 Oatmeal 1/2 c Milk 1 C Mandarins 1 Dried Fruit 1/6 c. Frozen Berries 1/2 c. Cheese 1 Cereal Bars 1 Seaweed 3 Hummus 1/4 c. Bananas 1/2 c. Strawberries 1/2 c. Whole grain tortilla 1 Applesauce 1/4 c. Apricots 5 Banana/Apple Chips 1/2 cup Mangos 1.5oz Veggie Straws 1oz Sun Butter 1 tbsp Granola 1/4 c Cucumber 1/2 c Carrot sticks 1 cup
12 Morning Applesauce & Crackers Afternoon Whole Wheat Tortilla & Mozzarella wrap	13 Morning Whole Wheat Bread and Sun Butter Afternoon Carrots & Hummus	14 Morning Cheerios Blueberries Afternoon Ritz Craisins	15 Morning Whole Wheat Bread & Jelly Afternoon Pita Chips Hummus	16 Morning Oatmeal Blueberries Afternoon Wheat Thins Mozzarella	
19 Morning Graham Crackers Sun Butter Afternoon Whole Wheat Tortilla and Hummus Wrap	20 Morning Oatmeal Peaches Afternoon Saltines Raisins	21 Morning Applesauce & Crackers Afternoon Hummus Pita Chips	22 Morning Mandarins & Wheat Crackers Afternoon Pretzels Seaweed	23 Morning Multigrain bread and Jelly Afternoon Mandarins Goldfish	
26 Morning Graham Crackers Mandarins Afternoon Seaweed Raisins	27 Morning Sun Butter Mult. Grain Bread Afternoon Wheat Crackers Mozzarella	28 Morning Cheerios Blueberries Afternoon Seaweed Mandarins	29 Morning Oatmeal Blueberries Afternoon Graham Crackers & Sun Butter	The Academy CLOSED for Teacher Institute Day!	