



# March Snack Menu

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Special Notes   |
|--|---|--|---|---|---|
|  |   |  |   | <b>1 Morning</b><br>Yogurt, granola & Strawberries<br><b>Afternoon</b><br>Pretzels<br>Avocado       | *** Water is available to students at all times.<br>*** Fresh fruits are seasonal and may change based on availability.<br>*** Snack menu is subject to change based on availability.             |
| <b>4 Morning</b><br>Sun Butter<br>Multigrain Bread<br><b>Afternoon</b> Apples<br>Mozzarella  | <b>5 Morning</b><br>Yogurt<br>Strawberries<br><b>Afternoon</b><br>Multigrain Bread<br>Avocado | <b>6 Morning</b><br>Sun Butter<br>Apples<br><b>Afternoon</b> Wheat Crackers<br>Mozzarella    | <b>7 Morning</b><br>Yogurt, Granola & Blueberries<br><b>Afternoon</b> Pita Chips<br>Avocado               | <b>8 Morning</b><br>Oatmeal<br>Strawberries<br><b>Afternoon</b><br>Apples<br>Crackers               | <b>Serving Sizes</b><br>Cereal 1/3 c.<br>Pretzels 3 lg/10 sm<br>Multigrain Crackers 2<br>Townhouse/Ritz/Club 3<br>Multigrain Bread 1/2 Slice<br>Yogurt 1/2 c.<br>Apple Slices 3<br>Avocado 1/4 c. |
| <b>11 Morning</b><br>Multigrain Bread<br>Avocado<br><b>Afternoon</b><br>Apples<br>Sun Butter | <b>12 Morning</b><br>Yogurt<br>Granola<br><b>Afternoon</b><br>Ritz<br>Mozzarella              | <b>13 Morning</b><br>Graham Crackers<br>Blueberries<br><b>Afternoon</b><br>Apples<br>Seaweed | <b>14 Morning</b><br>Oatmeal<br>Berries<br><b>Afternoon</b><br>Crackers<br>Avocado                        | <b>15 Morning</b><br>Yogurt<br>Blueberries<br><b>Afternoon</b><br>Pretzels<br>Hummus                | Graham Crackers 1<br>Wheat Thins 8<br>Cheez-Its 14<br>Goldfish 20<br>Veggie Chips 15<br>Baked Crackers 14<br>Baked Pita Chips 10<br>Oatmeal 1/2 c   |
| <b>18 Morning</b><br>Sun Butter<br>Multigrain Bread<br><b>Afternoon</b><br>Seaweed<br>Mango  | <b>19 Morning</b><br>Oatmeal<br>Blueberries<br><b>Afternoon</b><br>Saltines<br>Mozzarella     | <b>20 Morning</b><br>Cheerios<br>Craisins<br><b>Afternoon</b><br>Hummus<br>Crackers          | <b>21 Morning</b><br>Multigrain bread and Sun Butter<br><b>Afternoon</b><br>Sun Butter<br>Graham Crackers | <b>22 Morning</b><br>Oatmeal<br>Blueberries<br><b>Afternoon</b><br>Mangoes<br>Goldfish              | Dried Fruit 1/6 c.<br>Frozen Berries 1/2 c.<br>Cheese 1<br>Cereal Bars 1<br>Seaweed 3<br>Hummus 1/4 c.<br>Bananas 1/2 c.<br>Strawberries 1/2 c.<br>Whole grain tortilla 1                         |
| <b>25 Morning</b><br>Cereal<br>Blueberries<br><b>Afternoon</b><br>Seaweed<br>Mangoes         | <b>26 Morning</b><br>Sun Butter<br>Crackers<br><b>Afternoon</b><br>Craisins<br>Mozzarella     | <b>27 Morning</b><br>Crackers<br>Blueberries<br><b>Afternoon</b><br>Saltines<br>Mandarins    | <b>28 Morning</b><br>Oatmeal<br>Berries<br><b>Afternoon</b><br>Ritz<br>Hummus                             | <b>29 Morning</b><br>Sun Butter<br>Apples Chips<br><b>Afternoon</b><br>Wheat Crackers<br>Mozzarella | Applesauce 1/4 c.<br>Apricots 5<br>Banana/Apple Chips 1/2 cup<br>Mangos 1.5oz<br>Veggie Straws 1oz<br>Sun Butter 1 tbsps<br>Granola 1/4 c<br>Cucumber 1/2 c<br>Carrot sticks 1 cup                |