



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Morning Wheat Crackers Apple Sauce Afternoon Hummus, Shredded Carrots & Tortilla
4 Morning Multigrain Bread Avocado Afternoon Yogurt, Granola & Mango	5 Morning Oatmeal Strawberries Afternoon Apples, Sun Butter & Rice Cake	6 Morning Apples, Sun Butter & Wheat Crackers Afternoon Wheat Crackers Apple Sauce	7 Morning Multigrain Bread, Sun Butter & Banana Afternoon Whole Grain Tortilla Avocado	8 Morning Hummus, Shredded Carrots & Tortilla Afternoon Banana, Sun Butter & Whole Grain Tortilla
11 Morning Oatmeal Blueberries Afternoon Banana, Sun Butter & Whole Grain Tortilla	12 Morning Wheat Crackers Apple Sauce Afternoon Whole Grain Tortilla Avocado	13 Morning Yogurt, Granola & Strawberries Afternoon Wheat Crackers Hummus	14 Morning Apples, Sun Butter & Rice Cake Afternoon Apples Mozzarella Cheese	15 Morning Multigrain Bread Avocado Afternoon Hummus, Shredded Carrots & Tortilla
18 Morning Apples, Sun Butter & Wheat Crackers Afternoon Hummus, Shredded Carrots & Tortilla	19 Morning Yogurt, Granola & Blueberries Afternoon Multigrain Bread Avocado	20 Morning Hummus, Shredded Carrots & Tortilla Afternoon Apples Mozzarella Cheese	21 Morning Multigrain Bread, Sun Butter & Banana Afternoon Whole Grain Tortilla Avocado	22 Morning Oatmeal Strawberries Afternoon Multigrain Bread, Sun Butter & Banana
25 Morning Multigrain Bread, Sun Butter & Banana Afternoon Hummus, Shredded Carrots & Tortilla	26 Morning Apples, Sun Butter & Wheat Crackers Afternoon Apples Mozzarella Cheese	27 Morning Oatmeal Blueberries Afternoon Apples, Sun Butter & Rice Cake	28 Morning Yogurt, Granola & Mango Afternoon Wheat Crackers Hummus	29 Morning Wheat Crackers Apple Sauce Afternoon Multigrain Bread Avocado

Water is available to students at all times.

Snack menu is subject to change based on availability.

Serving Sizes

Oatmeal	1/2 c.
Wheat Crackers	6
Multigrain Bread	1/2 Slice
Whole Grain Tortilla	1
Granola	1/4 c
Bananas	1/2 c
Strawberries	1/2 c
Blueberries	1/2 c
Mango	1/2 c
Broccoli	1/2 c
Apple Slices	3
Avocado	1/2 c
Apple Sauce	1/2 c
Hummus	1/4 c
Sun Butter	1 tbsp
Yogurt	1/2 c.
Cheese	1