

# March Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Special Notes
<b>2 Morning</b> Oatmeal Peaches <b>Afternoon</b> Rice Cakes Raisins	<b>3 Morning</b> Graham Cracker Sun Butter <b>Afternoon</b> Hummus Pita Chips	<b>4 Morning</b> Cheerios Craisins <b>Afternoon</b> Apples & Cheddar Cubes	<b>5 Morning</b> Yogurt Blueberries <b>Afternoon</b> Wheat Tortilla Mozzarella	<b>6 Morning</b> French Toast Sticks Dried Strawberries <b>Afternoon</b> Apples Sun Butter	*** 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.
<b>9 Morning</b> Yogurt Blueberries <b>Afternoon</b> Apples Cheddar Cubes	<b>10 Morning</b> Applesauce Ritz <b>Afternoon</b> Pita Chips Hummus	<b>11 Morning</b> Bagel & Greek Yogurt Cream Cheese <b>Afternoon</b> Pretzels Hummus	<b>12 Morning</b> Rice Cakes & Sun butter <b>Afternoon</b> Seaweed Craisins	<b>13 Morning</b> French Toast Sticks Blueberries <b>Afternoon</b> Chips Salsa	Serving Sizes Cereal 1/3 c. Pretzels 3 lg/10 sm Multigrain Crackers 2 Townhouse/Ritz/Club 3 Multigrain Bread 1/2 Slice Yogurt 1/4 c. Apple Slices 3 Avocado 1/4 c. Whole Wheat Bread 1/2 slice Cheddar Cheese Cubes 2 Chips 4 Salsa 1/3 c
<b>16 Morning</b> Oatmeal Peaches <b>Afternoon</b> Chips and Salsa	<b>17 Morning</b> Mult. Grain Bread & Jelly <b>Afternoon</b> Crackers Cheddar Cubes	<b>18 Morning</b> Applesauce Crackers <b>Afternoon</b> Seaweed Ritz	<b>19 Morning</b> Bagel & Greek Yogurt Cream Cheese <b>Afternoon</b> Wheat Thins Mozzarella	<b>20 Morning</b> Cheerios Blueberries <b>Afternoon</b> Hummus Pita Chips	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 Rice Cakes 1
<b>23 Morning</b> Oatmeal Blueberries <b>Afternoon</b> Wheat Crackers Dried Strawberries	<b>24 Morning</b> Sun Butter Animal Crackers <b>Afternoon</b> Craisins Mozzarella	<b>25 Morning</b> Bagel & Jelly <b>Afternoon</b> Goldfish Dried Cherries	<b>26 Morning</b> Mult. Grain Bread & Sun Butter <b>Afternoon</b> Chips & Salsa	<b>27 Morning</b> Applesauce Ritz <b>Afternoon</b> Cheeze It's Craisins	Dried Fruit 1/3 c. Frozen Berries 1/2 c. Mozzarella 1 Cereal Bars 1 Seaweed 3 Hummus 1/4 c. Bananas 1/2 c. Strawberries 1/2 c. Whole grain tortilla 1 French Toast Sticks 1
<b>30 Morning</b> Cereal Blueberries <b>Afternoon</b> Seaweed Mangoes	<b>31 Morning</b> Mult. Grain Bread & Jelly <b>Afternoon</b> Craisins Mozzarella				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 Pita Bread 0.5 oz Peaches 1/3 c Bagel 1/2 Greek Yogurt Cream Cheese 1/2 c