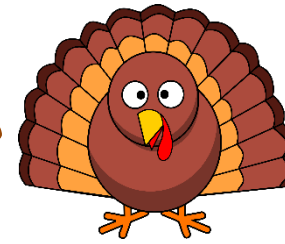


# 2019 November



## Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1 Morning</b> Cheez-its Raisins <b>Afternoon</b> Veggie Chips Dried Mangos
<b>4 Morning</b> Wheat Crackers Seaweed <b>Afternoon</b> Tortillas American Cheese	<b>5 Morning</b> Pretzels Cheese <b>Afternoon</b> Goldfish Raisins	<b>6 Morning</b> Graham Crackers Apple Sauce <b>Afternoon</b> Cheerios Yogurt	<b>7 Morning</b> Life Cereal Craisins <b>Afternoon</b> Sea Salt Crisps Hummus	<b>8 Morning</b> Multi-Grain Crackers Frozen Mangos <b>Afternoon</b> Graham Crackers Yogurt
<b>11 CLOSED FOR VETERANS' DAY</b>	<b>12 Morning</b> Chex Cereal Craisins <b>Afternoon</b> Cheez-its Dried Blueberries	<b>13 Morning</b> Raisin Bread Sun Butter <b>Afternoon</b> Mini Wheats Seaweed	<b>14 Morning</b> Veggie Chips Cherries <b>Afternoon</b> Special K Cereal Raisins	<b>15 Morning</b> Goldfish Seaweed <b>Afternoon</b> Nutri-grain Bars
<b>18 Morning</b> Wheat Thins Hummus <b>Afternoon</b> Cheerios Mangos	<b>19 Morning</b> Multi-Grain Chips Swiss Cheese <b>Afternoon</b> Multi-grain Bars	<b>20 Morning</b> Veggie Chips Apple Chips <b>Afternoon</b> Special K Cereal Craisins	<b>21 Morning</b> Ritz Crackers American Cheese <b>Afternoon</b> Snap Peas Dried Mangos	<b>22 Morning</b> Pub Mix Apple Chips <b>Afternoon</b> Multi-Grain Chips Hummus
<b>25 Morning</b> Cheez-its Seaweed <b>Afternoon</b> Nutri-grain Bars	<b>26 Morning</b> Honey Oat Cereal Apple Sauce <b>Afternoon</b> Pita Chips Hummus	<b>27</b>	<b>29</b>	<b>28</b>

### SPECIAL NOTES

\*\*\* Water is available to students at all times.  
\*\*\* Snack menu is subject to change based on availability.

### SERVING SIZES

Cereal	1/3 c.
Cereal w/Raisins	1/2 c.
Pretzels	3 lg/10 sm
Multigrain Crackers	2
Graham Crackers	1
Townhouse/Ritz/Club	3
Wheat Thins	8
Cheez-Its	14
Goldfish	20
Veggie Chips	11
Pita Chips	3
Veggie Straws	18
Pirates Booty	14
Special K Bars	2
Fruit Bars	1
Dried Fruit	1/6 c.
Frozen Berries	1/4 c.
Cheese	1
Fruit Snacks	1
Applesauce	1/4 c.
Greek Yogurt	1/2 c.
Banana/Apple Chips	8