



June Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Special Notes
					*** 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.
3 Morning Cereal & Milk Afternoon Apples Goldfish	4 Morning Yogurt & Granola Afternoon Ritz Mozzarella	5 Morning Cheerios & Milk Afternoon Apples Mozzarella	6 Morning Yogurt Blueberries Afternoon Crackers Craisins	7 Morning Yogurt & Granola Afternoon Pretzels Hummus	Serving Sizes Cereal 1/3 c. Pretzels 3lg/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.
10 Morning Cereal & Milk Afternoon Goldfish Raisins	11 Morning Whole Wheat Bread and Sun Butter Afternoon Pretzels & Hummus	12 Morning Cereal and Milk Afternoon Ritz & Mangoes	13 Morning Whole Wheat Bread & Jelly Afternoon Pita Chips Hummus	14 Morning Oatmeal Blueberries Afternoon Wheat Thins Mozzarella	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
17 Morning Graham Crackers Sun Butter Afternoon Seaweed Mandarins	18 Morning Oatmeal Blueberries Afternoon Saltines Raisins	19 Morning Multigrain Bread & Jelly Afternoon Hummus Crackers	20 Morning Multigrain bread and Sun Butter Afternoon Pretzels Seaweed	21 Morning Oatmeal & Granola Afternoon Mandarins Goldfish	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
24 Morning Cheerios Mandarins Afternoon Seaweed Mangoes	25 Morning Sun Butter Mult. Grain Bread Afternoon Wheat Crackers Mozzarella	26 Morning Cheerios Blueberries Afternoon Seaweed Mandarins	27 Morning Oatmeal Blueberries Afternoon Graham Crackers & Sun Butter	28 Morning Life Cereal Craisins Afternoon Pita Chips Hummus	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