

Westwood

April 2019

Snack
Menu



Monday	Tuesday	Wednesday	Thursday	Friday																																													
1 Morning Graham Crackers Dried Mango Afternoon Pita Chips String Cheese	2 Morning Pretzels Frozen Bananas Afternoon Goldfish Raisins	3 Morning Cheez Its Fruit Snacks Afternoon Nutri-Grain Bars	4 Morning Wheat Thins Apples Afternoon Chex Cereal Craisins	5 Morning Cheerios Mandarin Oranges Afternoon Fig Bars	<div>Special Notes</div> <div>*** Water is available to students at all times.</div> <div>*** Snack menu is subject to change based on availability.</div> <div>Serving Sizes</div> <table><tr><td>Cereal</td><td>1/3 c.</td></tr><tr><td>Multigrain Crackers</td><td>2</td></tr><tr><td>Graham Crackers</td><td>1</td></tr><tr><td>Townhouse/Ritz/Club</td><td>3</td></tr><tr><td>Wheat Thins</td><td>8</td></tr><tr><td colspan="2"> </td></tr><tr><td>Cheez-Its</td><td>14</td></tr><tr><td>Goldfish</td><td>20</td></tr><tr><td>Veggie Chips</td><td>11</td></tr><tr><td>Pita Chips</td><td>3</td></tr><tr><td>Veggie Straws</td><td>18</td></tr><tr><td colspan="2"> </td></tr><tr><td>Fig Bars</td><td>2</td></tr><tr><td>Fruit Bars</td><td>1</td></tr><tr><td>Dried Fruit</td><td>1/6 c.</td></tr><tr><td>Frozen Berries</td><td>1/4 c.</td></tr><tr><td>Cheese</td><td>1</td></tr><tr><td>Fruit Snacks</td><td>1</td></tr><tr><td colspan="2"> </td></tr><tr><td>Applesauce</td><td>1/4 c.</td></tr><tr><td>Yogurt</td><td>1/2 c.</td></tr><tr><td>Banana/Apple Chips</td><td>8</td></tr></table>	Cereal	1/3 c.	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			Fig Bars	2	Fruit Bars	1	Dried Fruit	1/6 c.	Frozen Berries	1/4 c.	Cheese	1	Fruit Snacks	1			Applesauce	1/4 c.	Yogurt	1/2 c.	Banana/Apple Chips	8
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8 Morning Granola Yogurt Afternoon Club Crackers Applesauce	9 Morning Wheat Thins Hummus Afternoon Chex Cereal Frozen Blueberries	10 Morning Ritz Crackers Cheese Afternoon Cheerios Apples	11 Morning Pretzels Dried Blueberries Afternoon Special K Dried Mango	12 Morning Multi Grain Crackers Fruit Snacks Afternoon Goldfish Craisins																																													
15	16	17	18	19																																													
<div>Spring Break</div>																																																	
22 Morning Special K Dried Blueberries Afternoon Wheat Crackers Craisins	23 Morning Granola Yogurt Afternoon Cheez-Its Frozen Bananas	24 Morning Multi Grain Crackers Hummus Afternoon Graham Crackers Mandarin Oranges	25 Morning Pita Chips String Cheese Afternoon Fig Bars	26 Morning Club Crackers Raisins Afternoon Rice Cakes Sun Butter																																													
29 Morning Pretzels Hummus Afternoon Chex Cereal Applesauce	30 Morning Graham Crackers Craisins Afternoon Wheat Thins Cheese																																																