



Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
WINTER BREAK				
7 Morning Oatmeal Blueberries Afternoon Hummus, Shredded Carrots & Tortilla	8 Morning Multigrain Bread Avocado Afternoon Refried Beans Whole Grain Tortilla	9 Morning Oatmeal Strawberries Afternoon Whole Grain Tortilla Avocado	10 Morning Apples, Sun Butter & Wheat Crackers Afternoon Broccoli Hummus	11 Morning Multigrain Bread Sun Butter & Banana Afternoon Apples, Sun Butter & Wheat Crackers
14 Morning Multigrain Bread Sun Butter & Banana Afternoon Sweet Potato Wheat Crackers	15 Morning Apples, Sun Butter & Wheat Crackers Afternoon Broccoli Hummus	16 Morning Oatmeal Strawberries Afternoon Whole Grain Tortilla Avocado	17 Morning Multigrain Bread Avocado Afternoon Apples, Sun Butter & Wheat Crackers	18 Morning Oatmeal Blueberries Afternoon Hummus, Shredded Carrots & Tortilla
21 Morning Apples, Sun Butter & Wheat Crackers Afternoon Broccoli Hummus	22 Morning Oatmeal Strawberries Afternoon Whole Grain Tortilla Avocado	23 Morning Multigrain Bread Avocado Afternoon Apples, Sun Butter & Wheat Crackers	24 Morning Oatmeal Blueberries Afternoon Hummus, Shredded Carrots & Tortilla	25 Morning Multigrain Bread Sun Butter & Banana Afternoon Sweet Potato Wheat Crackers
28 Morning Multigrain Bread Sun Butter & Banana Afternoon Sweet Potato Wheat Crackers	29 Morning Oatmeal Blueberries Afternoon Apples, Sun Butter & Wheat Crackers	30 Morning Multigrain Bread Avocado Afternoon Hummus, Shredded Carrots & Tortilla	31 Morning Apples, Sun Butter & Wheat Crackers Afternoon Whole Grain Tortilla Avocado	

Water is available to students at all times.

Snack menu is subject to change based on availability.

Serving Sizes

Oatmeal	½ c.
Wheat Crackers	6
Multigrain Bread	½ Slice
Whole Grain Tortilla	1
Yogurt	½ c.
Cheese	1
Bananas	½ c.
Strawberries	½ c.
Blueberries	½ c.
Mango	½ c.
Cauliflower	½ c.
Broccoli	½ c.
Apple Slices	3
Avocado	½ c.
Cucumber	½ c
Granola	¼ c
Hummus	¼ c.
Refried Beans	¼ c.
Sun Butter	1 tbsp