

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>August 2019</h1>				
			1 <u>Morning</u> Yogurt & Frozen Fruit <u>Afternoon</u> Mandarins & goldfish	2 <u>Morning</u> Blueberry muffins and fruit <u>Afternoon</u> Pita Chips & Hummus
5 <u>Morning</u> Yogurt & Frozen Fruit <u>Afternoon</u> Nutri-grain Bars	6 <u>Morning</u> Nutri-grain Bars <u>Afternoon</u> String Cheese and Wheat Thins	7 <u>Morning</u> Waffle Sticks & Fruit <u>Afternoon</u> Apples and Cheddar Crackers	8 <u>Morning</u> Blueberry muffins and fruit <u>Afternoon</u> Pita Chips & Hummus	9 <u>Morning</u> Yogurt & Fruit <u>Afternoon</u> Rice Cakes & Cheese
12 <u>Morning</u> Waffle Sticks & Fruit <u>Afternoon</u> Rice Cakes & Cheese	13 <u>Morning</u> Applesauce & Cinnamon Crackers <u>Afternoon</u> Frozen fruit & crackers	14 <u>Morning</u> Cereal & Fruit <u>Afternoon</u> Graham Crackers & Craisins	15 <u>Morning</u> Yogurt & Frozen Fruit <u>Afternoon</u> Mandarins & goldfish	16 <u>Morning</u> Blueberry muffins and fruit <u>Afternoon</u> Pita Chips & Hummus
19 <u>Morning</u> Yogurt & Frozen Fruit <u>Afternoon</u> Nutri-grain Bars	20 <u>Morning</u> Nutri-grain Bars <u>Afternoon</u> String Cheese and Wheat Thins	21 <u>Morning</u> Waffle Sticks & Fruit <u>Afternoon</u> Apples and Cheddar Crackers	22 <u>Morning</u> Blueberry muffins and fruit <u>Afternoon</u> Pita Chips & Hummus	23 <u>Morning</u> Yogurt & Fruit <u>Afternoon</u> Rice Cakes & Cheese
26 <u>Morning</u> Waffle Sticks & Fruit <u>Afternoon</u> Rice Cakes & Cheese	27 <u>Morning</u> Applesauce & Cinnamon Crackers <u>Afternoon</u> Frozen fruit & crackers	28 <u>Morning</u> Cereal & Fruit <u>Afternoon</u> Graham Crackers & Craisins	29 <u>Morning</u> Yogurt & Frozen Fruit <u>Afternoon</u> Mandarins & goldfish	30 <u>Morning</u> Blueberry muffins and fruit <u>Afternoon</u> Pita Chips & Hummus

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
Pub Mix	1/2 c.
Chex Mix	1/2 c.
Sea Salt Crisps	14
Tortilla Chips	11
Fruit Bars	1
Dried Fruit	1/6 c.
Frozen Berries	1/4 c.
Cheese	1
Fruit Snacks	1