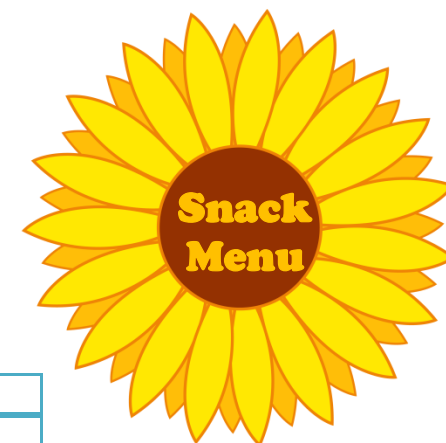


august



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Morning Multigrain Bread, Banana & Sun Butter Afternoon Avocado Multigrain Bread	2 Morning Hummus Wheat Crackers Afternoon Yogurt, Granola & Strawberries
5 Morning Multigrain Bread, Banana & Sun Butter Afternoon Apple Sauce Rice Cake	6 Morning Apples, Sun Butter & Crackers Afternoon Hummus, Shredded Carrots & Tortilla	7 Morning Oatmeal Strawberries Afternoon Banana, Sun Butter & Tortilla	8 Morning Hummus, Shredded Carrots & Tortilla Afternoon Mozzarella Cheese Wheat Crackers	9 Morning Apple Sauce Rice Cake Afternoon Hummus, Shredded Carrots & Tortilla
12 Morning Mozzarella Cheese Wheat Crackers Afternoon Yogurt, Granola & Blueberries	13 Morning Apple Sauce Rice Cake Afternoon Avocado Multigrain Bread	14 Morning Oatmeal Strawberries Afternoon Apple Sauce Rice Cake	15 Morning Apples, Sun Butter & Crackers Afternoon Banana, Sun Butter & Tortilla	16 Morning Multigrain Bread, Banana & Sun Butter Afternoon Hummus Wheat Crackers
19 Morning Banana, Sun Butter & Tortilla Afternoon Rice Cake Apple Sauce	20 Morning Oatmeal Blueberries Afternoon Apples, Sun Butter & Crackers	21 Morning Hummus, Shredded Carrots & Tortilla Afternoon Rice Cake Apple Sauce	22 Morning Apples, Sun Butter & Crackers Afternoon Apple Sauce Wheat Crackers	23 Morning Oatmeal Blueberries Afternoon Hummus, Shredded Carrots & Tortilla
26 Morning Avocado Multigrain Bread Afternoon Mozzarella Cheese Wheat Crackers	27 Morning Hummus, Shredded Carrots & Tortilla Afternoon Avocado Multigrain Bread	28 Morning Apples, Sun Butter & Rice Cake Afternoon Yogurt, Granola & Blueberries	29 Morning Oatmeal Strawberries Afternoon Hummus Wheat Crackers	30 Closed Institute Day

Special Notes

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
Granola ¼ c

Bananas ½ c
Strawberries ½ c
Blueberries ½ c
Mango ½ c
Broccoli ½ c
Apple Slices 3
Avocado ½ c
Apple Sauce ½ c

Hummus ¼ c
Sun Butter 1 tbsp

Yogurt ½ c.
Cheese 1