


September 2019



Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED IN OBSERVANCE OF LABOR DAY 	3 Morning Pretzels & Hummus Afternoon Cheddar Crackers & Applesauce	4 Morning Cereal & Raisins Afternoon Pita Chips & String Cheese	5 Morning Yogurt & apples Afternoon Graham Crackers & Frozen Fruit	6 Morning Mandarin Oranges & Cinnamon Crackers Afternoon Cheese & Crackers
9 Morning Nutri-grain Bar Afternoon Veggie Crackers craisins	10 Morning Blueberry Muffins Afternoon Pita Chips & Cheese	11 Morning Wheat Thins & fruit Afternoon Cheddar Crackers & Applesauce	12 Morning Chex & Bananas Afternoon Crackers & Hummus	13 Morning Veggie Straws & Dried Fruit Afternoon Nutri-grain Bar
16 Morning Cheerios & Dried Fruit Afternoon Snap Pea Crisps & American Cheese	17 Morning Pretzels & Hummus Afternoon Cheddar Crackers & Applesauce	19 Morning Cereal & Raisins Afternoon Pita Chips & String Cheese	20 Morning Yogurt & apples Afternoon Graham Crackers & Frozen Fruit	21 Morning Mandarin Oranges & Cinnamon Crackers Afternoon Cheese & Crackers
23 Morning Nutri-grain Bar Afternoon Veggie Crackers Raisins	25 Morning Blueberry Muffins Afternoon Pita Chips & Cheese	26 Morning Wheat Thins & fruit Afternoon Cheddar Crackers & Applesauce	27 Morning Chex & Bananas Afternoon Crackers & Hummus	28 Morning Veggie Straws & Dried Fruit Afternoon Nutri-grain Bar

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
Applesauce	1/4 c.
Greek Yogurt	1/2 c.
Apple Chips	8