



September 2019



Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED IN OBSERVANCE OF LABOR DAY	3 Morning Wheat Thins Mango Afternoon Yogurt Frozen Blueberries	4 Morning Multi-grain Chips Seaweed Afternoon Pretzels Craisins	5 Morning Pita Chips Dried Mangos Afternoon Graham Crackers Apple Sauce	6 Morning Ritz Crackers Swiss Cheese Afternoon Chex Mix Fruit Leathers
9 Morning Pita Chips Cherries Afternoon Graham Crackers Apple Sauce	10 Morning Cheerios Cherries Afternoon Pretzel Chips String Cheese	11 Morning Ritz Crackers American Cheese Afternoon Honey-Oat Cereal Yogurt	12 Morning Goldfish Dried Blueberries Afternoon Mini Wheats Dried Tangerines	13 Morning Nutri-grain Bar Afternoon Graham Crackers Apple Sauce
16 Morning Yogurt Frozen Blueberries Afternoon Pretzels Craisins	17 Morning Multi-grain Crackers American Cheese Afternoon Pub Mix Dried Blueberries	18 Morning Chex Cereal Raisins Afternoon Pita Chips Swiss Cheese	19 Morning Tortilla Chips Mango Afternoon Life Cereal Fruit Snacks	20 Morning Honey-Oat Cereal Cherries Afternoon Cheez- its Seaweed
23 Morning Pub Mix String Cheese Afternoon Cheerios Dried Fruit	24 Morning Nutri-grain Bar Afternoon Goldfish Fruit Snacks	25 Morning Graham Crackers Yogurt Afternoon Sea Salt Crisps Hummus	26 Morning Chex Cereal Apricots Afternoon Wheat Thins Seaweed	27 Morning Pretzels Raisins Afternoon Mini Wheats Yogurt
30 Morning Special K Dried Blueberries Afternoon Tortilla 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
Special K Bars	2
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.
Banana/Apple Chips	8