SCHOOLHOUSE GRILL
School Meal Specialists

Sparkles! Snack Menu

June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges, Pears, Diced Pears, Peaches, Apple Sauce; Fresh Vegetables are Included with Every Meal		AM: Cinnamon Swirl Bagel 1 ea Cream Cheese 1 oz Water PM: American Cheese Slice 1 ea Soft Pretzel Bites 4 ea Water	AM: 1/3 c Rice Crispies Cereal ½ c Milk PM: Fresh Cucumber slices w/ Creamy low-fat Ranch Dip Enriched Wheat Flour Pita Bread ½ ea
5	6	7	8	9
AM: Low-Fat Yogurt 2 oz Daily Fresh Fruit ½ c Water PM: Organic Brown Rice Cake 1 ea 100% Apple Juice ½ c	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ½ c Milk PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz ½ c Milk	AM: 1/3 c Corn Flakes Cereal ½ c Milk PM: Soft Baked Pretzel 1 ea American Cheese Slice 1 ea Water	AM: Mini Apple Muffin 1 ea ½ c Milk PM: Enriched Wheat Flour Pita Bread ½ ea Cheddar Cheese Cubes 1 oz Water	AM: Wheatberry Bread Bread ½ Slice w/ Fruit Preserves ½ c Milk PM: Tandoori Nan Flat Bread ½ ea American Cheese Slice 1 ea
12	13	14	15	16
AM: 1/3 c Life Cereal ½ c Milk PM: Cheddar Cheese Stick ½ ea Enriched Wheat Flour Pita Bread ½ ea	AM: Enriched Bagel ½ ea Cream Cheese 1 oz Water PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz Water	AM: 1/3 c Cheerios Cereal ½ c Milk PM: Fresh Cucumber slices w/ Creamy low-fat Ranch Dip Enriched Wheat Flour Pita Bread ½ ea	AM: Daily Fresh Fruit ½ c Non-Fat Yogurt 2 oz Water PM: Mini Apple Muffin 1 ea ½ c Milk	AM: 1/3 c Rice Crispies Cereal ½ c Milk PM: Daily Fresh Fruit ½ c American Cheese Slice 1ea ½ c Milk
19	20	21	22	23
AM: Mini Apple Muffin 1 ea ½ c Milk PM: Enriched Wheat Flour Pita Bread ½ ea American Cheese Slice 1 ea	AM: 1/3 c Corn Flakes Cereal ½ c Milk PM: Cheddar Cheese Stick ½ ea Daily Fresh Fruit ½ c Water	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ½ c Milk PM: Soft Baked Pretzel 1 ea American Cheese Slice 1 ea Water	AM: Wheatberry Bread Bread ½ Slice Daily Fresh Fruit ½ c PM: Enriched Bagel ½ ea Cream Cheese 1 oz Water	AM: 1/3 c Rice Crispies Cereal ½ c Milk PM: Mini Blueberry Muffin 1 ea ½ c Milk
26	27	28	29	30
AM: 1/3 c Toasted Oats Cereal ½ c Milk PM: Enriched Wheat Flour Pita Bread ½ ea American Cheese Slice 1 ea Water	AM: Mini Blueberry Muffin 1 ea ½ c Milk PM: Non-Fat Yogurt 2 oz Daily Fresh Fruit ½ c Water	AM: 1/3 c Life Cereal ½ c Milk PM: Wheatberry Bread Bread ½ Slice Cheddar Cheese Cubes 1 oz	AM: Wheatberry Bread Bread ½ Slice w/ Fruit Preserves ½ c Milk PM: Low-Fat Yogurt 2 oz Daily Fresh Fruit ½ c Water	AM: 1/3 c Corn Flakes Cereal ½ c Milk PM: Mini Blueberry Muffin 1 ea ½ c Milk