Sparkles! Fair Oaks - Snack Menu

September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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		AM: 1/3 c Life Cereal ½ c Milk PM: Daily Fresh Fruit ½ c Townhouse Crackers 4 ea
4	**5**	**6**	**7**	**8**
Labor Day Holiday	AM: Mini Corn Muffin 1 ea ½ c Milk PM: Organic Brown Rice Cake 1 ea 100% Apple Juice ½ c	AM: Low-Fat Yogurt 2 oz Daily Fresh Fruit ½ c Water PM: Soft Baked Pretzel 1 ea Mozzarella String Cheese ½ oz	AM: 1/3 c Corn Flakes Cereal ½ c Milk PM: Saltine Crackers 4 ea Cheese Slices 1 ea	AM: Wheatberry Bread Bread ½ Slice w/ Fruit Preserves ½ c Milk PM: Mini Blueberry Muffin 1 ea ½ c Milk
11	**12**	**13**	**14**	**15**
AM: 1/3 c Life Cereal ½ c Milk PM: Cheddar Cheese Stick ½ ea Ritz Crackers 4 ea	AM: Cinnamon Swirl Bagel 1 ea Cream Cheese 1 oz Water PM: Daily Fresh Fruit ½ c Townhouse Crackers 4 ea	AM: 1/3 c Rice Crispies Cereal ½ c Milk PM: Wheatberry Bread Bread ½ Slice American Cheese Slice 1 ea	AM: Mini Blueberry Muffin 1 ea ½ c Milk PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz Water	AM: Hard Boiled Egg 1 ea ½ c Milk PM: Goldfish Crackers 1/4 c Daily Fresh Fruit ½ c
18	**19**	**20**	**21**	**22**
AM: Mini Apple Muffin 1 ea ½ c Milk PM: Wheatberry Bread Bread ½ Slice w/ Fruit Preserves ½ c Milk	AM: 1/3 c Corn Flakes Cereal ½ c Milk PM: Mini Blueberry Muffin 1 ea ½ c Milk	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ½ c Milk PM: Vanilla Wafers 5 ea Daily Fresh Fruit ½ c	AM: 1/3 c Life Cereal ½ c Milk PM: American Cheese Slice 1 ea Tollhouse Crackers 4 ea	AM: Low-Fat Yogurt 2 oz Daily Fresh Fruit ½ c Water PM: Mini Corn Muffin 1 ea 100% Apple Juice ½ c
25	**26**	**27**	**28**	**29**
AM: 1/3 c Rice Crispies Cereal ½ c Milk PM: Cheddar Cheese Cubes 3 ea Ritz Crackers 4 ea	AM: 1/3 c Corn Flakes Cereal ½ c Milk PM: Pita Bread ½ ea w/ Traditional Hummus Water	AM: 1/3 c Toasted Oats Cereal ½ c Milk PM: Cheddar Cheese Stick ½ ea Apple Slices ½ ea	AM: 1/3 c Rice Crispies Cereal ½ c Milk PM: Wheatberry Bread Bread ½ Slice American Cheese Slice 1 ea	AM: Mini Blueberry Muffin 1 ea ½ c Milk PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz Water