SCHOOLHOUSE GRILL
School Meal Specialists

Sparkles! Crystal City - Snack Menu

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Years Day Holiday	**2** AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Saltine Crackers 4 ea American Cheese Slices 1 ea	**3** AM: Low-Fat Yogurt 2 oz Daily Fresh Fruit ½ c Water PM: Mini Corn Muffin 1 ea 100% Apple Juice ½ c	**4** AM: 1/3 c Life Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Townhouse Crackers 4 ea	**5** AM: Enriched Wheat Bagel ½ ea Cream Cheese 1 oz PM: Ritz Crackers 4 ea Mozzarella String Cheese ½ oz
8 AM: Mini Apple Muffin 1 ea ¾ c Milk PM: Animal Crackers 5 ea Cheddar Cheese Cubes 3 ea Water	**9** AM: 1/3 c Rice Crispies Cereal ¾ c Milk PM: Wheatberry Bread Bread ½ Slice American Cheese Slice 1 ea	**10** AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz Water	**11** AM: 1/3 c Cheerios Cereal ¾ c Milk PM: Goldfish Crackers 1/4 c Daily Fresh Fruit ½ c	**12** AM: 1/3 c Life Cereal ¾ c Milk PM: Cheddar Cheese Stick ½ ea Ritz Crackers 4 ea
15 Martin Luther King Jr. Day Holiday	**16** AM: Cinnamon Swirl Bagel 1 ea Cream Cheese 1 oz Water PM: Daily Fresh Fruit ½ c Townhouse Crackers 4 ea	**17** AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Vanilla Wafers 5 ea Daily Fresh Fruit ½ c	**18** AM: 1/3 c Rice Crispies Cereal ¾ c Milk PM: Wheatberry Bread Bread ½ Slice American Cheese Slice 1 ea	**19** AM: 1/3 c Toasted Oats Cereal ¾ c Milk PM: Mini Corn Muffin 1 ea 100% Apple Juice ½ c
22 AM: Mini Apple Muffin 1 ea ¾ c Milk PM: Wheatberry Bread Bread ½ Slice w/ Fruit Preserves ½ c Milk	**23** AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Traditional Hummus 2 oz with Enriched Wheat Flour Pita Bread ½ ea	**24** AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Vanilla Wafers 5 ea Daily Fresh Fruit ½ c	**25** AM: 1/3 c Rice Crispies Cereal ¾ c Milk PM: Cheddar Cheese Cubes 3 ea Ritz Crackers 4 ea	**26** AM: 1/3 c Toasted Oats Cereal ¾ c Milk PM: American Cheese Slice 1 ea Townhouse Crackers 4 ea
29 AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Cheddar Cheese Stick ½ ea Apple Slices ½ ea	**30** AM: 1/3 c Life Cereal ¾ c Milk PM: Organic Brown Rice Cake 1 ea 100% Apple Juice ½ c	**31** AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Saltine Crackers 4 ea American Cheese Slices 1 ea	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges, Pears, Diced Pears, Peaches, Apple Sauce	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened