Sparkles! Fair Oaks - Snack

Feburary 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 AM: Hard Boiled Egg 1 ea ¾ c Milk PM: Ritz Crackers 4 ea Mozzarella String Cheese ½ oz	**2** AM: 1/3 c Rice Crispies Cereal ¾ c Milk PM: Animal Crackers 5 ea Daily Fresh Fruit ½ c
5 AM: Mini Corn Muffin 1 ea ¾ c Milk PM: American Cheese Slice 1 ea Goldfish Crackers ¼ c	**6** AM: 1/3 c Toasted Oats Cereal ¾ c Milk PM: Traditional Hummus 2 oz Enriched Wheat Flour Pita Bread ½ ea	**7** AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c PM: Townhouse Crackers 4 ea Cheddar Cheese Cubes 3 ea	**8** AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Oyster Crackers ¼ c	**9** AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Mini Blueberry Muffin 1 ea ¾ c Milk
12 AM: 1/3 c Life Cereal ¾ c Milk PM: Tandoori Nan Flat Bread ½ ea w/ Traditional Hummus 2 oz	**13** AM: Cinnamon Swirl Bagel 1 ea Cream Cheese 1 oz ¾ c Milk PM: American Cheese Slice 1 ea Saltine Crackers 4 ea	**14** AM: 1/3 c Rice Crispies Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Wheatberry Bread Slice ½ ea	**15** AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c	**16** AM: 1/3 c Cheerios Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Goldfish Crackers ¼ c
19 President's Day Holiday	**20** AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea	**21** AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Townhouse Crackers 4 ea	**22** AM: 1/3 c Life Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Enriched Wheat Flour Pita Bread ½ ea	**23** AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea
26 AM: 1/3 c Rice Crispies Cereal ¾ c Milk PM: Animal Crackers 5 ea Cheddar Cheese Cubes 3 ea	**27** AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz	**28** AM: 1/3 c Toasted Oats Cereal ¾ c Milk PM: American Cheese Slice 1 ea Oyster Crackers ¼ c	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges, Pears, Diced Pears, Peaches, Apple Sauce; Fresh Vegetables are Included with Every Meal	Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS