SCHOOLHOUSE GRILL
School Meal Specialists

Sparkles! Crystal City - Snack

March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
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		AM: Enriched Wheat Begal ½ ea Cream Cheese 1 oz PM: Ritz Crackers 4 ea Mozzarella String Cheese ½ oz	AM: 1/3 c Rice Crispies Cereal ¾ c Milk PM: Organic Brown Rice Cake 1 ea 100% Apple Juice ½ c
5	6	7	8	9
AM: Mini Corn Muffin 1 ea ¾ c Milk PM: American Cheese Slice 1 ea Goldfish Crackers ¼ c	AM: 1/3 c Toasted Oats Cereal ¾ c Milk PM: Traditional Hummus 2 oz Enriched Wheat Flour Pita Bread ½ ea	AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c PM: Townhouse Crackers 4 ea Cheddar Cheese Cubes 3 ea	AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Oyster Crackers ¼ c	AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Mini Blueberry Muffin 1 ea ¾ c Milk
12	13	14	15	16
AM: 1/3 c Life Cereal ¾ c Milk PM: Tandoori Nan Flat Bread ½ ea w/ Traditional Hummus 2 oz	AM: Cinnamon Swirl Bagel 1 ea Cream Cheese 1 oz ¾ c Milk PM: American Cheese Slice 1 ea Saltine Crackers 4 ea	AM: 1/3 c Rice Crispies Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Wheatberry Bread Slice ½ ea	AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c	AM: 1/3 c Cheerios Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Goldfish Crackers ¼ c
19	20	21	22	23
AM: Mini Apple Muffin 1 ea ¾ c Milk PM: Animal Crackers 5 ea Daily Fresh Fruit ½ c	AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Townhouse Crackers 4 ea	AM: 1/3 c Life Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Enriched Wheat Flour Pita Bread ½ ea	AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea
26	27	28	29	30
AM: 1/3 c Rice Crispies Cereal ¾ c Milk PM: Animal Crackers 5 ea Cheddar Cheese Cubes 3 ea	AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz	AM: 1/3 c Toasted Oats Cereal ¾ c Milk PM: American Cheese Slice 1 ea Oyster Crackers ¼ c	AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Traditional Hummus 2 oz Enriched Wheat Flour Pita Bread ½ ea	AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Cheddar Cheese Cubes 3 ea Townhouse Crackers 4 ea