Sparkles! Fair Oaks - Snack

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges, Pears, Diced Pears, Peaches, Apple Sauce; Fresh Vegetables are Included with Every Meal	AM: 1/3 c Life Cereal ¾ c Milk PM: Organic Brown Rice Cake 1 ea 100% Apple Juice ½ c	AM: Hard Boiled Egg 1 ea ¾ c Milk PM: Ritz Crackers 4 ea Mozzarella String Cheese ½ oz	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
9	**10**	**11**	**12**	**13**
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 Apple Muffin 1 ea ¾ c Milk	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: Mild Cheddar Cheese Stick ½ 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
16	**17**	**18**	**19**	**20**
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	AM: Hard Boiled Egg 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
23	**24**	**25**	**26**	**27**
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	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 Vanilla Wafers 5 ea	AM: 1/3 c Toasted Oats Cereal ¾ c Milk PM: American Cheese Slice 1 ea Oyster Crackers ¼ c
30	**27**	**28**	**29**	**30**
Memorial Day Holiday	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: Mini Blueberry Muffin 1 ea ¾ c Milk PM: American Cheese Slice 1 ea Goldfish Crackers ¼ c	AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Graham Crackers 4 ea	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened