SCHOOLHOUSE GRILL
School Meal Specialists

Sparkles! Crystal City - Snack

July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
AM: 1/3 c Life Cereal ¾ c Milk PM: Animal Crackers 5 ea Daily Fresh Fruit ½ c	AM: Enriched Wheat Begal ½ ea Cream Cheese 1 oz PM: Saltine Crackers 4 ea Mozzarella String Cheese ½ oz	Independence Day Holiday	AM: 1/3 c Toasted Oats Cereal ¾ c Milk PM: Vanilla Wafers 5 ea Mild Cheddar Cheese Stick ½ ea	AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Honey Graham Crackers 4 ea
9	**10**	**11**	**12**	**13**
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: Organic Brown Rice Cake 1 ea 100% Apple Juice ½ c	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	AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c
16	**17**	**18**	**19**	**20**
AM: 1/3 c Cheerios Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Honey Graham Crackers 4 ea	AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Ritz Crackers 4 ea Mozzarella String Cheese ½ oz	AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Townhouse Crackers 4 ea American Cheese Slice 1 ea	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: 100% Apple Juice ½ c Goldfish Crackers ¼ c	AM: 1/3 c Life Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Enriched Wheat Flour Pita Bread ½ ea
23	**24**	**25**	**26**	**27**
AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk 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 Apple Muffin 1 ea ¾ c Milk PM: American Cheese Slice 1 ea Oyster Crackers ¼ c	AM: 1/3 c Toasted Oats Cereal ¾ c Milk PM: 100% Apple Juice ½ c Vanilla Wafers 5 ea	AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Whole Wheat Bread Stick 1 ea Cheddar Cheese Cubes 3 ea
30	**31**			
AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c Honey Graham Crackers 4 ea	AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: American Cheese Slice 1 ea Goldfish Crackers ¼ c	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; Fresh Vegetables are Included with Every Meal