SCHOOLHOUSE GRILL
School Meal Specialists

# Sparkles! Crystal City - Snack

# August 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | 1 | 2 | 3 |
| THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS<br>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 | AM: Enriched Wheat Begal ½ ea<br>Cream Cheese 1 oz<br><br>PM: Daily Fresh Fruit ½ c<br>Mozzarella String Cheese ½ oz | AM: 1/3 c Toasted Oats Cereal<br>¾ c Milk<br><br>PM: Vanilla Wafers 5 ea<br>Mild Cheddar Cheese Stick ½ ea | AM: 1/3 c Corn Flakes Cereal<br>¾ c Milk<br><br>PM: Daily Fresh Fruit ½ c<br>Honey Graham Crackers 4 ea |
| 6 | 7 | 8 | 9 | 10 |
| AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves<br>¾ c Milk<br><br>PM: Mini Apple Muffin 1 ea<br>¾ c Milk | AM: 1/3 c Life Cereal<br>¾ c Milk<br><br>PM: Tandoori Nan Flat Bread ½ ea w/ Traditional Hummus 2 oz | AM: Cinnamon Swirl Bagel 1 ea<br>Cream Cheese 1 oz<br>¾ c Milk<br>PM: Mild Cheddar Cheese Stick ½ ea<br>Daily Fresh Fruit ½ c | AM: 1/3 c Rice Crispies Cereal<br>¾ c Milk<br><br>PM: Daily Fresh Fruit ½ c<br>Wheatberry Bread Slice ½ ea | AM: Mini Corn Muffin 1 ea<br>¾ c Milk<br><br>PM: Vanilla Wafers 5 ea<br>100% Apple Juice ½ c |
| 13 | 14 | 15 | 16 | 17 |
| AM: 1/3 c Cheerios Cereal<br>¾ c Milk<br><br>PM: Daily Fresh Fruit ½ c<br>Low-fat Yogurt 2 oz | AM: Mini Blueberry Muffin 1 ea<br>¾ c Milk<br><br>PM: Whole Grain Bread Stick 1 ea; Mozzarella String Cheese ½ oz | AM: 1/3 c Corn Flakes Cereal<br>¾ c Milk<br><br>PM: Daily Fresh Fruit ½ c<br>American Cheese Slice 1 ea | AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves<br>¾ c Milk<br>PM: Daily Fresh Fruit ½ c<br>Enriched Wheat Flour Pita Bread ½ ea | AM: 1/3 c Life Cereal<br>¾ c Milk<br><br>PM: Organic Brown Rice Cake 1 ea<br>100% Apple Juice ½ c |
| 20 | 21 | 22 | 23 | 24 |
| AM: Low-fat Yogurt 2 oz<br>Daily Fresh Fruit ½ c<br>¾ c Milk<br>PM: Wheatberry Bread Slice ½ ea<br>American Cheese Slice 1 ea | AM: 1/3 c Rice Crispies Cereal<br>¾ c Milk<br><br>PM: Enriched Wheat Flour Pita Bread ½ ea<br>Cheddar Cheese Cubes 3 ea | AM: Mini Apple Muffin 1 ea<br>¾ c Milk<br><br>PM: American Cheese Slice 1 ea<br>Daily Fresh Fruit ½ c | AM: 1/3 c Toasted Oats Cereal<br>¾ c Milk<br><br>PM: 100% Apple Juice ½ c<br>Vanilla Wafers 5 ea | AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves<br>¾ c Milk<br>PM: Whole Wheat Bread Stick 1 ea; Mild Cheddar Cheese Stick ½ ea |
| 27 | 28 | 29 | 30 | 31 |
| AM: Mini Corn Muffin 1 ea<br>¾ c Milk<br><br>PM: Daily Fresh Fruit ½ c<br>Honey Graham Crackers 4 ea | AM: 1/3 c Corn Flakes Cereal<br>¾ c Milk<br><br>PM: American Cheese Slice 1 ea<br>Whole Grain Bread Stick 1 ea | AM: 1/3 c Life Cereal<br>¾ c Milk<br><br>PM: Animal Crackers 5 ea<br>Daily Fresh Fruit ½ c | AM: Enriched Wheat Begal ½ ea<br>Cream Cheese 1 oz<br><br>PM: Daily Fresh Fruit ½ c<br>Mozzarella String Cheese ½ oz | AM: 1/3 c Toasted Oats Cereal<br>¾ c Milk<br><br>PM: Vanilla Wafers 5 ea<br>Cheddar Cheese Cubes 3 ea |