SCHOOLHOUSE GRILL
School Meal Specialists

Sparkles! Fair Oaks - Snack

August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
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	AM: Enriched Wheat Begal ½ ea Cream Cheese 1 oz PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz	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
6	7	8	9	10
AM: Honey Wheat Biscuit 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 Daily Fresh Fruit ½ c	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
13	14	15	16	17
AM: 1/3 c Cheerios Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Low-fat Yogurt 2 oz	AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Whole Grain Bread Stick 1 ea; Mozzarella String Cheese ½ oz	AM: 1/3 c Corn Flakes Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c American Cheese Slice 1 ea	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Enriched Wheat Flour Pita Bread ½ ea	AM: Hard Boiled Egg 1 ea ¾ c Milk PM: Organic Brown Rice Cake 1 ea 100% Apple Juice ½ c
20	21	22	23	24
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: Enriched Wheat Flour Pita Bread ½ ea Cheddar Cheese Cubes 3 ea	AM: Mini Apple Muffin 1 ea ¾ c Milk PM: American Cheese Slice 1 ea Daily Fresh Fruit ½ 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; Mild Cheddar Cheese Stick ½ ea
27	28	29	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 Whole Grain Bread Stick 1 ea	AM: Hard Boiled Egg 1 ea ¾ c Milk PM: Animal Crackers 5 ea Daily Fresh Fruit ½ c	AM: Enriched Wheat Begal ½ ea Cream Cheese 1 oz PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz	AM: 1/3 c Toasted Oats Cereal ¾ c Milk PM: Vanilla Wafers 5 ea Cheddar Cheese Cubes 3 ea