SCHOOLHOUSE GRILL
School Meal Specialists

Sparkles! Crystal City - Snack

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened All snacks served with age appropriate milk, either 1% or whole milk.		AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk	AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea
5	6	7	8	9
AM: Enriched Wheat Bagel ½ ea w/ Cream Cheese 1 oz ¾ c Milk PM: Mild Cheddar Cheese Stick ½ ea Ritz Crackers 4 ea	AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c Enriched Wheat Flour Pita Bread ½ ea	AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea	AM: Cinnamon Swirl Bagel 1 ea Cream Cheese 1 oz ¾ c Milk PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz	AM: ⅓ c Apple Cinnamon Toasted Oats Cereal ¾ c Milk PM: Mini Corn Muffin 1 ea ¾ c Milk
12	13	14	15	16
AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Honey Graham Crackers 4 ea	AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Whole Grain Bread Stick ½ ea Mild Cheddar Cheese Stick ½ ea	AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice	AM: ⅓ c Life 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 Cheddar Cheese Cubes 3 ea
19	20	21	22	23
AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Tandoori Nan Flat Bread ½ ea w/ Traditional Hummus 2 oz	AM: Enriched Wheat Bagel ½ ea w/ Cream Cheese 1 oz ¾ c Milk PM: Daily Fresh Fruit ½ c American Cheese Slice 1 ea	AM: ⅓ c Toasted Oats Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Goldfish Crackers ¼ c	Thanksgiving Day Holiday	Thanksgiving Day Holiday
25	26	27	28	29
AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c	AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Honey Wheat Biscuit ½ ea w/ American Cheese Slice 1 ea	AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Mini Blueberry Muffin 1 ea ¾ c Milk	AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Mozzarella String Cheese ½ oz Ritz Crackers 4 ea	AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea