SCHOOLHOUSE GRILL
School Meal Specialists

Sparkles! Crystal City - Snack

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c Low-fat Yogurt 2 oz	**2** AM: ⅓ c Life Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea	**3** AM: Enriched Wheat Bagel ½ ea w/ Cream Cheese 1 oz ¾ c Milk PM: Mozzarella String Cheese ½ oz Ritz Crackers 4 ea	**4** AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Goldfish Crackers ¼ c 100% Apple Juice ½ c	**5** AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Whole Grain Bread Stick ½ ea w/ Mild Cheddar Cheese Stick ½ ea
8 AM: ⅓ c Whole Grain Apple Cinnamon Toasted Oats Cereal w/ ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c	**9** AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Daily Fresh Fruit ½ c Enriched Wheat Flour Pita Bread ½ ea	**10** AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea	**11** AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz	**12** AM: ⅓ c Life Cereal ¾ c Milk PM: Mini Corn Muffin 1 ea ¾ c Milk
15 AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Honey Graham Crackers 4 ea	**16** AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Whole Grain Bread Stick ½ ea w/ Mild Cheddar Cheese Stick ½ ea	**17** AM: Mini Apple Muffin 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c American Cheese Slice 1 ea	**18** AM: ⅓ c Whole Grain Toasted Oats Cereal w/ ¾ c Milk PM: Whole Grain Bread Stick ½ ea w/ 100% Apple Juice ½ c	**19** AM: Cinnamon Swirl Bagel 1 ea Cream Cheese 1 oz ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea
22 AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Tandoori Nan Flat Bread ½ ea w/ Traditional Hummus 2 oz	**23** AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Cheddar Cheese Cubes 3 ea	**24** AM: ⅓ c Whole Grain Apple Cinnamon Toasted Oats Cereal w/ ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c	**25** AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Daily Fresh Fruit ½ c Goldfish Crackers ¼ c	**26** AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Honey Wheat Biscuit ½ ea w/ American Cheese Slice 1 ea
29 AM: Enriched Wheat Bagel ½ ea w/ Cream Cheese 1 oz ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea	**30** AM: ⅓ c Life Cereal ¾ c Milk PM: Mini Blueberry Muffin 1 ea ¾ c Milk	**31** AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Mozzarella String Cheese ½ oz Ritz Crackers 4 ea	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.	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS