Sparkles! Fair Oaks - Snack

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk	2 AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea
5 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	6 AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c Enriched Wheat Flour Pita Bread ½ ea	7 AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea	8 AM: Hard Boiled Egg 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c Mozzarella String Cheese ½ oz	9 AM: ⅓ c Apple Cinnamon Toasted Oats Cereal ¾ c Milk PM: Mini Corn Muffin 1 ea ¾ c Milk
12 AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Honey Graham Crackers 4 ea	13 AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Whole Grain Bread Stick ½ ea Mild Cheddar Cheese Stick ½ ea	14 AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Organic Brown Rice Cake 1 ea 100% Apple Juice	15 AM: ⅓ c Life Cereal ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea	16 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 AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Tandoori Nan Flat Bread ½ ea w/ Traditional Hummus 2 oz	20 AM: Hard Boiled Egg 1 ea ¾ c Milk PM: Daily Fresh Fruit ½ c American Cheese Slice 1 ea	21 AM: ⅓ c Toasted Oats Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Goldfish Crackers ¼ c	22 Thanksgiving Day Holiday	23 Thanksgiving Day Holiday
25 AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c	26 AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Honey Wheat Biscuit ½ ea w/ American Cheese Slice 1 ea	27 AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Mini Blueberry Muffin 1 ea ¾ c Milk	28 AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Mozzarella String Cheese ½ oz Ritz Crackers 4 ea	29 AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Wheatberry Bread Slice ½ ea American Cheese Slice 1 ea

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.