Sparkles! Fair Oaks - Snack

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges All lunches served with age appropriate milk, either 1% or whole milk.	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges		AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c
4	5	6	7	8
AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Cheddar Cheese Cubes 3 ea	AM: ⅓ c Whole Grain Apple Cinnamon Toasted Oats Cereal w/ ¾ c Milk; PM: Whole Grain Bread Stick ½ ea w/ American Cheese Slice 1 ea	AM: Mini Apple Muffin 1 ea ¾ c Milk PM: Townhouse Crackers 4 ea Mozzarella String Cheese ½ oz	AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Tandoori Nan Flat Bread ½ ea w/ Traditional Hummus 2 oz	AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Mini Blueberry Muffin 1 ea ¾ c Milk
11	12	13	14	15
AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c	AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Ritz Crackers 4 ea w/ American Cheese Slice 1 ea	AM: ⅓ c Whole Grain Toasted Oats Cereal & ¾ c Milk PM: Mild Cheddar Cheese Cubes 3 ea ½ ea Whole Wheat Pita	AM: Wheatberry Bread Slice ½ ea w/ Fruit Preserves ¾ c Milk PM: Daily Fresh Fruit ½ c Goldfish Crackers ¼ c	AM: ⅓ c Life Cereal ¾ c Milk PM: Cinnamon Swirl Bagel 1 ea Cream Cheese 1 oz ¾ c Milk
18	19	20	21	22
Presidents Day Holiday	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves ¾ c Milk PM: Soft Whole Wheat Baked Pretzel 1 ea w/ Mozzarella String Cheese ½ oz	AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk	AM: ⅓ c Corn Flakes Cereal ¾ c Milk PM: Saltine Crackers 4 ea Mild Cheddar Cheese Stick ½ ea	AM: Enriched Wheat Bagel ½ ea w/ Cream Cheese 1 oz ¾ c Milk PM: Honey Wheat Biscuit ½ ea w/ American Cheese Slice 1 ea
25	26	27	28	
AM: ⅓ c Rice Crispies Cereal ¾ c Milk PM: Mozzarella String Cheese ½ oz Townhouse Crackers 4 ea	AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Wheatberry Bread Slice ½ ea Cheddar Cheese Cubes 3 ea	AM: ⅓ c Toasted Oats Cereal ¾ c Milk PM: Daily Fresh Fruit ½ c Goldfish Crackers ¼ c	AM: Mini Apple Muffin 1 ea ¾ c Milk PM: American Cheese Slice 1 ea w/ Whole Wheat Pita ½ ea	