SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City - Snack

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
Labor Day Holiday School Closed	AM: ⅓ c Corn Flakes Cereal w/ ¾ c Milk PM: Graham Crackers 4 ea 100% Apple Juice ½ c	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves w/ ¾ c Milk PM: Mini Apple Muffin 1 ea ¾ c Milk	AM: ⅓ c Apple Cinnamon Toasted Oats Cereal w/ ¾ c Milk PM: Mild Cheddar Cheese Stick ½ ea w/ ¼ c Oyster Crackers	AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Ritz Crackers 4 ea w/ Cheddar Cheese Cubes 3 ea
9	**10**	**11**	**12**	**13**
AM: ⅓ c Life Cereal w/ ¾ c Milk PM: Honey Wheat Biscuit ½ ea w/ American Cheese Slice 1 ea	AM: Enriched Wheat Bagel ½ ea w/ Cream Cheese 1 oz w/ ¾ c Milk PM: Vanilla Wafers 5 ea w/ Fresh Fruit ½ c	AM: ⅓ c Rice Crispies Cereal w/ ¾ c Milk PM: Whole Grain Bread Stick ½ ea w/ 100% Apple Juice ½ c	AM: Mini Corn Muffin 1 ea ¾ c Milk PM: Wheatberry Bread Slice ½ ea w/ Mozzarella String Cheese ½ oz	AM: ⅓ c Whole Grain Toasted Oats Cereal w/ ¾ c Milk PM: Soft Whole Wheat Baked Pretzel 1 ea w/ Fresh Fruit ½ c
16	**17**	**18**	**19**	**20**
AM: Mini Blueberry Muffin 1 ea ¾ c Milk PM: 100% Apple Juice ½ c Goldfish Crackers ¼ c	AM: ⅓ c Corn Flakes Cereal w/ 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 AM: Mini Apple Muffin 1 ea ¾ c Milk	AM: ⅓ c Apple Cinnamon Toasted Oats Cereal w/ ¾ c Milk PM: Townhouse Crackers 4 ea Cheddar Cheese Cubes 3 ea	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves w/ ¾ c Milk PM: Fresh Fruit ½ c w/ ¼ c Oyster Crackers
23	**24**	**25**	**26**	**27**
AM: ⅓ c Life Cereal w/ ¾ c Milk PM: Wheatberry Bread Slice ½ ea w/ Mozzarella String Cheese ½ oz	AM: Enriched Wheat Bagel ½ ea w/ Cream Cheese 1 oz w/ ¾ c Milk PM: Vanilla Wafers 5 ea 100% Apple Juice ½ c	AM: ⅓ c Rice Crispies Cereal w/ ¾ c Milk PM: Animal Crackers 5 ea w/ Daily Fresh Fruit ½ c	AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves ¾ c Milk PM: Soft Whole Wheat Baked Pretzel 1 ea w/ American Cheese Slice 1 ea	AM: Mini Apple Muffin 1 ea ¾ c Milk PM: Whole Grain Bread Stick ½ ea w/ Fresh Fruit ½ c
30				
AM: Low-fat Yogurt 2 oz Daily Fresh Fruit ½ c ¾ c Milk PM: Graham Crackers 4 ea Mild Cheddar Cheese Stick ½ oz		THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	All lunches served with age appropriate milk, either 1% or whole milk.	Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges