SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City - Snack

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PM: Mini Corn Muffin 1 ea w/ Daily Fresh Fruit ½ c PM: Enriched Pita Bread ½ ea w/ Daily Fresh Fruit ½ c
4 THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	5 All lunches served with age appropriate milk, either 1% or whole milk.	6 Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges	7	8
11 AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves w/ ½ c Milk PM: Ritz Crackers 4 ea w/ American Cheese Slice 1 ea	12 AM: Mini Blueberry Muffin 1 ea w/ ½ c Milk PM: Tandoori Nan Flat Bread ½ ea w/ Daily Fresh Fruit ½ c	13 AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Graham Crackers 4 ea w/ Mozzarella String Cheese ½ ea	14 AM: Cinnamon Raisin Bread Slice ½ ea w/ Apple Butter 1 ea PM: Vanilla Wafers 5 ea w/ Daily Fresh Fruit ½ c	15 AM: Raspberry Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Whole Grain Bread Stick ½ ea w/ American Cheese Slice 1 ea
18 Martin Luther King Jr. Day Holiday School Closed	19 AM: ⅓ c Whole Grain Toasted Oats Cereal w/ ½ c Milk PM: Saltine Crackers 4 ea w/ Daily Fresh Fruit ½ c	20 AM: Mini Banana Bran Muffin 1 ea w/ ½ c Milk PM: Oyster Crackers ¼ c w/ Cheddar Cheese Cubes 3 ea	21 AM: ⅓ c Corn Chex Cereal w/ ½ c Milk PM: Townhouse Crackers 4 ea w/ American Cheese Slice 1 ea	22 AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves 1 ea w/ ½ c Milk PM: Enriched Pita Bread ½ ea Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip
25 AM: Whole Grain Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Vanilla Wafers 5 ea w/ Daily Fresh Fruit ½ c	26 AM: Strawberry Banana Yogurt 2 oz w/ ½ oz Cinnamon Granola Crunch PM: Goldfish Crackers ¼ c Daily Fresh Fruit ½ c	27 AM: ⅓ c Rice Chex Cereal w/ ½ c Milk PM: Ritz Crackers 4 ea w/ American Cheese Slice 1 ea	28 PM: Mini Corn Muffin 1 ea w/ ½ c Milk PM: Enriched Pita Bread ½ ea w/ Daily Fresh Fruit ½ c	29 AM: Peach Yogurt 2 oz; Daily Fresh Fruit ½ c PM: Soft Whole Wheat Baked Pretzel 1 ea w/ Daily Fresh Fruit ½ c