SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Fair Oaks - Snack

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Wheatberry Honey Bread Slice ½ ea w/ American Cheese Slice 1 ea
4 AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves 1 ea Daily Fresh Fruit ½ c PM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c	**5** AM: Raspberry Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Whole Grain Bread Stick ½ ea w/ Mild Cheddar Cheese Cubes 3 ea	**6** AM: ⅓ c Whole Grain Toasted Oats Cereal w/ ½ c Milk PM: Vanilla Wafers 5 ea w/ Daily Fresh Fruit ½ c	**7** AM: Mini Corn Muffin 1 ea w/ ½ c Milk PM: Oyster Crackers ¼ c w/ Mozzarella String Cheese ½ ea	**8** AM: Whole Grain Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Soft Whole Wheat Baked Pretzel 1 ea w/ American Cheese Slice 1 ea
11 Columbus Day Holiday School Closed	**12** AM: ⅓ c Life Cereal w/ ½ c Milk PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea	**13** AM: Mini Apple Cinnamon Muffin 1 ea w/ ½ c Milk PM: Goldfish Crackers ¼ c Daily Fresh Fruit ½ c	**14** AM: Hard Boiled Egg 1 ea w/ Daily Fresh Fruit ½ c PM: Hawaiian Roll 1 ea w/ American Cheese Slice 1 ea	**15** AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk PM: Tandori Nan ½ ea w/ 2 oz Hummus Dip
18 AM: ½ ea Bagel with Strawberry Cream Cheese w/ Daily Fresh Fruit ½ c PM: Enriched Pita Bread ½ ea w/ Mild Cheddar Cheese Cubes 3 ea	**19** AM: Mini Blueberry Muffin 1 ea w/ ½ c Milk PM: Townhouse Crackers 4 ea w/ Mozzarella String Cheese 1 ea	**20** AM: ⅓ c Apple Cinnamon Toasted Oats Cereal w/ ½ c Milk PM: Animal Crackers 4 ea w/ Daily Fresh Fruit ½ c	**21** AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves Daily Fresh Fruit ½ c PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea	**22** AM: Cherry Vanilla Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: ½ ea Strawberry Fruit Bar w/ Daily Fresh Fruit ½ c
25 AM: ⅓ c Corn Chex Cereal w/ ½ c Milk PM: Graham Crackers 4 ea w/ Daily Fresh Fruit ½ c	**26** AM: Hard Boiled Egg 1 ea w/ Daily Fresh Fruit ½ c PM: Wheatberry Bread Slice 1 ea w/ Cheddar Cheese Cubes 3 ea	**27** AM: Mini Banana Muffin 1 ea w/ ½ c Milk PM: Vanilla Wafers 5 ea w/ Daily Fresh Fruit ½ c	**28** AM: ½ ea Bagel with Cinnamon Cream Cheese w/ Daily Fresh Fruit ½ c PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea	**29** AM: ⅓ c Whole Grain Toasted Oats Cereal w/ ½ c Milk PM: Whole Grain Bread Stick ½ ea w/ American Cheese Slice 1 ea