SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City - Snack

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	**2**	**3**	**4**	**5**
AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves Daily Fresh Fruit ½ c PM: Mini Corn Muffin 1 ea w/ ½ c Milk	AM: Vanilla Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Goldfish Crackers ¼ c Daily Fresh Fruit ½ c	AM: Mini Blueberry Muffin 1 ea w/ ½ c Milk PM: Soft Whole Wheat Baked Pretzel 1 ea w/ American Cheese Slice 1 ea	AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea	AM: ½ ea Bagel with Strawberry Cream Cheese w/ Daily Fresh Fruit ½ c PM: Graham Crackers 4 ea w/ Daily Fresh Fruit ½ c
8	**9**	**10**	**11**	**12**
AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves 1 ea w/ ½ c Milk PM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c	AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk PM: Oyster Crackers ¼ c w/ Mild Cheddar Cheese Cubes 3 ea	AM: Whole Grain Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Hawaiian Roll 1 ea w/ American Cheese Slice 1 ea	AM: Mini Apple Cinnamon Muffin 1 ea w/ ½ c Milk PM: ½ ea Strawberry Fruit Bar w/ Daily Fresh Fruit ½ c	AM: ⅓ c Life Cereal w/ ½ c Milk PM: Buttery Ritz Crackers 4 ea w/ Mild Cheddar Cheese Cubes 3 ea
15	**16**	**17**	**18**	**19**
AM: ½ ea Bagel with Strawberry Cream Cheese w/ Daily Fresh Fruit ½ c PM: Enriched Pita Bread ½ ea w/ American Cheese Slice 1 ea	AM: Mini Blueberry Muffin 1 ea w/ ½ c Milk PM: Townhouse Crackers 4 ea w/ Mozzarella String Cheese 1 ea	AM: ⅓ c Apple Cinnamon Toasted Oats Cereal w/ ½ c Milk PM: Animal Crackers 4 ea w/ Daily Fresh Fruit ½ c	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves Daily Fresh Fruit ½ c PM: Hawaiian Roll 1 ea w/ American Cheese Slice 1 ea	AM: Cherry Vanilla Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Tandori Nan ½ ea w/ 2 oz Hummus Dip
22	**23**	**24**	**25**	**26**
AM: ⅓ c Corn Chex Cereal w/ ½ c Milk PM: Buttery Ritz Crackers 4 ea w/ Mild Cheddar Cheese Cubes 3 ea	AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves w/ ½ c Milk PM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c	AM: Raspberry Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Animal Crackers 4 ea w/ Daily Fresh Fruit ½ c	Thanksgiving Day Holiday	Thanksgiving Day Holiday
29	**30**			
AM: Mini Banana Muffin 1 ea w/ ½ c Milk PM: Graham Crackers 4 ea w/ Daily Fresh Fruit ½ c	AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Wheatberry Bread Slice 1 ea w/ Cheddar Cheese Cubes 3 ea			