Sparkles! Fair Oaks - Snack

April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 AM: ⅓ c Corn Chex Cereal w/ ½ c Milk PM: Soft Whole Wheat Baked Pretzel 1 ea w/ American Cheese Slice 1 ea
All lunches served with age appropriate milk, either 1% or whole milk. All meals conform to grain requirements of ½ oz equivalent.	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges		
4 AM: Mini Blueberry Muffin 1 ea w/ ½ c Milk PM: Goldfish Crackers ¼ c Daily Fresh Fruit ½ c	5 AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves Daily Fresh Fruit ½ c PM: Mini Banana Muffin 1 ea w/ ½ c Milk	6 AM: ⅓ c Toasted Oats Cereal w/ ½ c Milk PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea	7 AM: Peach Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Wheatberry Bread Slice ½ ea w/ Daily Fresh Fruit ½ c	8 AM: Whole Grain Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Graham Crackers 4 ea w/ Daily Fresh Fruit ½ c
11 AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk PM: Oyster Crackers ¼ c w/ American Cheese Slice 1 ea	12 AM: Mini Apple Cinnamon Muffin 1 ea w/ ½ c Milk PM: Soft Whole Wheat Baked Pretzel ½ ea w/ Daily Fresh Fruit ½ c	13 AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves 1 ea w/ ½ c Milk PM: Buttery Ritz Crackers 4 ea w/ Mild Cheddar Cheese Cubes 3 ea	14 AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c	15 AM: Hard Boiled Egg 1 ea w/ Daily Fresh Fruit ½ c PM: Mini Blueberry Muffin 1 ea w/ ½ c Milk
18 AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves Daily Fresh Fruit ½ c PM: Animal Crackers 4 ea w/ Daily Fresh Fruit ½ c	19 AM: ⅓ c Life Cereal w/ ½ c Milk PM: Hawaiian Roll 1 ea w/ American Cheese Slice 1 ea	20 AM: Mini Banana Muffin 1 ea w/ ½ c Milk PM: Goldfish Crackers ¼ c Daily Fresh Fruit ½ c	21 AM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea	22 AM: ⅓ c Apple Cinnamon Toasted Oats Cereal w/ ½ c Milk PM: Mini Blueberry Muffin 1 ea w/ ½ c Milk
25 AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves 1 ea w/ ½ c Milk PM: Mini Apple Cinnamon Muffin 1 ea w/ ½ c Milk	26 AM: Blueberry Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Enriched Pita Bread ½ ea w/ Cheddar Cheese Cubes 3 ea	27 AM: Hard Boiled Egg 1 ea w/ Daily Fresh Fruit ½ c PM: Oyster Crackers ¼ c w/ Daily Fresh Fruit ½ c	28 AM: Mini Corn Muffin 1 ea w/ ½ c Milk PM: Soft Whole Wheat Baked Pretzel ½ ea w/ American Cheese Slice 1 ea	29 AM: Whole Grain Blueberry Bagel Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Buttery Ritz Crackers 4 ea w/ Daily Fresh Fruit ½ c