SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 AM: Assorted Yogurt 2 oz w/ Graham Crackers 4 ea PM: Vanilla Wafers 4 ea w/ Daily Fresh Fruit ½ c	**2** AM: ⅓ c Toasted Oats Cereal w/ ½ c Milk PM: Wheatberry Bread Slice ½ ea w/ Daily Fresh Fruit ½ c	**3** AM: Blueberry Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Mini Apple Cinnamon Muffin 1 ea w/ ½ c Milk	**4** AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves 1 ea w/ Daily Fresh Fruit ½ c PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea	**5** AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Whole Grain Nan ½ ec w/ Traditional Hummus 2 oz
8 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	**9** AM: Peach Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Goldfish Crackers ¼ c w/ Mild Cheddar Cheese Cubes 3 ea	**10** AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk PM: Hawaiian Roll 1 ea w/ American Cheese Slice 1 ea	**11** AM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c PM: Animal Crackers 4 ea w/ Daily Fresh Fruit ½ c	**12** AM: Whole Grain Plain Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Mini Blueberry Muffin 1 ea w/ ½ c Milk
15 AM: ⅓ c Corn Chex Cereal w/ ½ c Milk PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea	**16** AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves 1 ea w/ Daily Fresh Fruit ½ c PM: Mini Banana Muffin 1 ea w/ ½ c Milk	**17** AM: Blueberry Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Graham Crackers 4 ea w/ Daily Fresh Fruit ½ c	**18** AM: ⅓ c Toasted Oats Cereal w/ ½ c Milk PM: Vanilla Wafers 4 ea w/ Daily Fresh Fruit ½ c	**19** AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves Daily Fresh Fruit ½ c PM: Soft Whole Wheat Baked Pretzel ½ ea w/ American Cheese Slice 1 ea
22 AM: Whole Grain Cinnamon Swirl Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Animal Crackers 4 ea w/ Daily Fresh Fruit ½ c	**23** AM: ⅓ c Life Cereal w/ ½ c Milk PM: Buttery Ritz Crackers 4 ea w/ Daily Fresh Fruit ½ c	**24** AM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c PM: Mini Apple Muffin 1 ea w/ ½ c Milk	**25** AM: Strawberry Banana Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Whole Grain Nan ½ ec w/ Traditional Hummus 2 oz	**26** AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk PM: Goldfish Crackers ¼ c w/ Mild Cheddar Cheese Cubes 3 ea
29 AM: Raspberry Yogurt 2 oz w/ Graham Crackers 4 ea PM: Hawaiian Roll 1 ea w/ American Cheese Slice 1 ea	**30** AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves Daily Fresh Fruit ½ c PM: Soft Whole Wheat Baked Pretzel ½ ea w/ American Cheese Slice 1 ea	**31** AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ 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