SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Fair Oaks

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
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	AM: Whole Grain Plain Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Mini Blueberry Muffin 1 ea w/ ½ c Milk	AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk PM: Vanilla Wafers 4 ea w/ Daily Fresh Fruit ½ c
5	6	7	8	9
Labor Day Holday	AM: Strawberry Banana Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea	AM: ⅓ c Corn Chex Cereal w/ ½ c Milk PM: Soft Whole Wheat Baked Pretzel ½ ea w/ Daily Fresh Fruit ½ c	AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves 1 ea w/ Daily Fresh Fruit ½ c PM: Goldfish Crackers ¼ c w/ Mild Cheddar Cheese Cubes 3 ea	AM: Cinnamon Swirl Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Mini Apple Cinnamon Muffin 1 ea w/ ½ c Milk
12	13	14	15	16
AM: ⅓ c Toasted Oats Cereal w/ ½ c Milk PM: Hawaiian Roll 1 ea w/ American Cheese Slice 1 ea	AM: Blueberry Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Mini Banana Muffin 1 ea w/ ½ c Milk	AM: Peach Yogurt 2 oz w/ Graham Crackers 4 ea PM: Buttery Ritz Crackers 4 ea w/ Daily Fresh Fruit ½ c	AM: Hard Boiled Egg 1 ea w/ Daily Fresh Fruit ½ c 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: Whole Grain Nan ½ ec w/ Traditional Hummus 2 oz
19	20	21	22	23
AM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c PM: Graham Crackers 4 ea w/ Daily Fresh Fruit ½ c	AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Goldfish Crackers ¼ c w/ Mild Cheddar Cheese Cubes 3 ea	AM: Whole Grain Plain Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Mini Corn Muffin 1 ea w/ ½ c Milk	AM: Blueberry Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Vanilla Wafers 4 ea w/ Daily Fresh Fruit ½ c	AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea
26	27	28	29	30
AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves 1 ea w/ Daily Fresh Fruit ½ c PM: Buttery Ritz Crackers 4 ea w/ Daily Fresh Fruit ½ c	AM: Cinnamon Swirl Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Soft Whole Wheat Baked Pretzel ½ ea w/ Daily Fresh Fruit ½ c	AM: ⅓ c 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: Mini Blueberry Muffin 1 ea w/ ½ c Milk	AM: Hard Boiled Egg 1 ea w/ Daily Fresh Fruit ½ c PM: Hawaiian Roll 1 ea w/ American Cheese Slice 1 ea