SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City - Snack

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 AM: ⅓ c Toasted Oats Cereal w/ ½ c Milk PM: Buttery Ritz Crackers 4 ea w/ Daily Fresh Fruit ½ c	2 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	3 AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves Daily Fresh Fruit ½ c PM: Whole Grain Nan ½ ea w/ Traditional Bean Dip 2 oz
6 AM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c PM: Hawaiian Roll 1 ea w/ American Cheese Slice 1 ea	7 AM: Peach Yogurt 2 oz w/ Daily Fresh Fruit ½ c PM: Mini Blueberry Muffin 1 ea w/ ½ c Milk	8 AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk PM: Vanilla Wafers 4 ea w/ Daily Fresh Fruit ½ c	9 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	10 AM: Hard Boiled Egg 1 ea w/ Daily Fresh Fruit ½ c PM: Saltine Crackers 4 ea w/ Mozzarella String Cheese ½ ea
13 AM: Blueberry Yogurt 2 oz w/ Graham Crackers 4 ea PM: Mini Apple Cinnamon Muffin 1 ea w/ ½ c Milk	14 AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Oyster Crackers ¼ c w/ Daily Fresh Fruit ½ c	15 AM: Whole Grain Bagel ½ ea w/ Cream Cheese 2 oz PM: Vanilla Wafers 4 ea w/ Daily Fresh Fruit ½ c	16 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	17 AM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c PM: Soft Whole Wheat Baked Pretzel ½ ea w/ Daily Fresh Fruit ½ c
20 AM: ⅓ c Rice Chex Cereal w/ ½ c Milk PM: Wheatberry Bread ½ ea w/ Daily Fresh Fruit ½ c	21 AM: Blueberry Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Townhouse Crackers 4 ea w/ Mild Cheddar Cheese Cubes 3 ea	22 AM: Hard Boiled Egg 1 ea w/ Daily Fresh Fruit ½ c PM: Mini Apple Cinnamon Muffin 1 ea w/ ½ c Milk	23 AM: ⅓ c Toasted Oats Cereal w/ ½ c Milk PM: Buttery Ritz Crackers 4 ea w/ Daily Fresh Fruit ½ c	24 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
27 AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves Daily Fresh Fruit ½ c PM: Whole Grain Nan ½ ea w/ Daily Fresh Fruit ½ c	28 AM: Cinnamon Raisin Bread ½ ea w/ Daily Fresh Fruit ½ c PM: Hawaiian Roll 1 ea w/ American Cheese Slice 1 ea	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS SHG is an equal opportunity provider.	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges	