

March Snack Menu

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2	3	4	5	6
Fig Bars with Fruit	Scrambled eggs	Oatmeal with milk	Applesauce	Waffles with
Smoothie	with cheese and	and fresh	pancakes with milk	blueberries
	tomato slices	strawberries	•	
				Pineapple cubes,
Pear Slices and	Bagel thins with	3-cheese	Orange Slices and	grapes and wheat
Goldfish	cream cheese and	guesadillas and	string cheese	thins
	cucumber slices	salsa		
9	10	11	12	13
Banana slices	Oatmeal Strawberry	Turkey Scramble	Fresh Fruit Salad	Multigrain Cheerios
And plain yogurt	Smoothie with	Egg Whites with	with Cottage	with Milk and
And plain yogurt	Honey Toast	Tomatoes and Toast	Cheese	Raisins
	Tioney roast	Tomatoes and Toast	Cheese	Kaisiiis
Applesauce with	Cereal with Fresh	Toasted Cinnamon	Cheesy Bean Dip	Cheese Cubes with
Graham Crackers	Fruit and Milk	Pita Chips with Pear	with Salsa and	Whole Wheat
Granam Crackers	Truit and mik	Slices	Tortilla Chips	Pretzels and Apple
		Sinces	Tortilla Chips	Slices
16	17	18	19	20
Fig Bars with Fruit	Scrambled eggs	Oatmeal with milk	Applesauce	Waffles with
Smoothie	with cheese and	and fresh	pancakes with milk	blueberries
Sillootille	tomato slices	strawberries	paricakes with milk	bideberries
	torriato sirces	strawberries		Pineapple cubes,
Pear Slices and	Bagel thins with	3-cheese	Orange Slices and	grapes and wheat
Goldfish	cream cheese and	quesadillas and	string cheese	thins
Goldrish		-	string theese	UIIIIS
23	cucumber slices 24	salsa 25	26	27
Banana Slices	- '	Turkey Scramble	Fresh Fruit Salad	Multigrain Cheerios
	Oatmeal Strawberry Smoothie with	Egg Whites with		with Milk and
and Yogurt		33	with Cottage	
	Honey Toast	Tomatoes and Toast	Cheese	Raisins
Appleanus with	Cereal with Fresh	Toasted Cinnamon	Changy Boan Din	Cheese Cubes with
Applesauce with Graham Crackers			Cheesy Bean Dip with Salsa and	
Granam Crackers	Fruit and Milk	Pita Chips with Pear		Whole Wheat
		Slices	Tortilla Chips	Pretzels and Apple
20	24			Slices
30	31			
Fig Bars with fruit	Scrambled eggs			

with cheese and

tomato slices

Bagel thins with

cream cheese and cucumber slices

smoothie

Pear Slices and

Goldfish

Fun Fact

Most fruits develop in 3 to 4 months, but it takes about 18 months to two years for a pineapple to grow to its full size.

- Water is served with every meal and is our primary source of beverage.
- All meals are served Family Style
- All meals are homemade and do not include anything fried, re-heated or with trans-fat.
- Only whole grain and whole wheat foods are provided.

