

SEPTEMBER 2023		K-12TH GRADE SNACK MENU		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple Juice (14 CHO), Fruit Punch Juice (14 CHO)*				
4	5	6	7	8
NO SCHOOL	4 oz 100% Juice* Mandarin Oranges (½ Cup - 23 CHO) Bug Bite Crockers (1 WG - 21 CHO)	Milk* Cheddar Cheez-It Crockers (1 oz WG - 14 CHO)	½ C 100% Juice* Fresh Bonono (½ Cup - 23 CHO) <b>PINEAPPLE</b> String Cheese (1 oz MMA - 0 CHO)	Milk* Animal Crockers (1 oz WG - 22 CHO)
11	12	13	14	15
4 oz 100% Juice* Applesauce Cup (½ C - 14 CHO) Graham Crocker (1 oz - 17 CHO)	4 oz 100% Juice* Mandarin Oranges (½ Cup - 23 CHO) Pretzels (1 WG - 16 CHO)	Milk* Cheddar Goldfish (1 oz WG - 14 CHO)	½ C 100% Juice* Fresh Bonono (½ Cup - 23 CHO) Giant Goldfish (1 oz WG - 19 CHO)	Milk* Animal Crockers (1 oz WG - 22 CHO)
18	19	20	21	22
4 oz 100% Juice* Applesauce Cup (½ C - 14 CHO) President Coins (22 oz - 1 WG - CHO)	4 oz 100% Juice* Mandarin Oranges (½ Cup - 23 CHO) Bug Bite Crockers (1 WG - 21 CHO)	Milk* Cheddar Cheez-It Crockers (1 oz WG - 14 CHO)	½ C 100% Juice* Fresh Bonono (½ Cup - 23 CHO) String Cheese (1 oz MMA - 0 CHO)	Milk* Tiger Bites (1 oz WG - 20 CHO)
25	26	27	28	29
4 oz 100% Juice* Applesauce Cup (½ C - 14 CHO) Graham Crocker (1 oz - 17 CHO)	4 oz 100% Juice* Mandarin Oranges (½ Cup - 23 CHO) Pretzels (1 WG - 16 CHO)	Milk* Cheddar Goldfish (1 oz WG - 14 CHO)	½ C 100% Juice* Fresh Bonono (½ Cup - 23 CHO) Giant Goldfish (1 oz WG - 19 CHO)	Milk* Animal Crockers (1 oz WG - 22 CHO)