

BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN  
**NUTRITIOUS AND INNOVATIVE MENUS**  
 SEPTEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**SNACK MENU**

29 Whole Grain Bagel & Sunbutter Cup <b>VE</b>	30 Low-Fat Blueberry Yogurt & Pear Cup	31 Whole Grain Cheese Crackers & 1% or Nonfat Milk	1 Mozzarella String Cheese & Fresh Cucumber Coins with lite ranch dip	2 Whole Grain Biscuit with jelly & Fresh Apple Slices
5 <b>LABOR DAY</b> <b>NO SCHOOL</b>	6 Whole Grain Giant Goldfish Pretzel & Mozzarella String Cheese	7 Whole Grain Biscuit with jelly & Peach Cup	8 Hummus Cup <b>VE</b> & Fresh Cucumber Coins	9 Whole Grain Crunchy Granola <b>VE</b> & Low-fat Blueberry Yogurt
12 Whole Grain Giant Goldfish Pretzel & Fresh Orange Smiles	13 Sunbutter & Fresh Apple Slices	14 Whole Grain Crunchy Granola & Pineapple Tidbits	15 Cheerios & 1% or Nonfat White Milk	16 Whole Grain Bunny Grahams & Pear Cup
19 Whole Grain Cheese Crackers & Applesauce Cup	20 Cinnamon Chex & 1% or Nonfat White Milk	21 Hummus Cup & Fresh Celery Sticks	22 Mozzarella String Cheese & Pineapple Tidbits	23 Sunbutter & Jelly Sandwich on Whole Grain Bread
26 Whole Grain Giant Goldfish Pretzel & Peach Cup	27 Whole Grain Blueberry Muffin & 1% or Nonfat White Milk	28 Nutrigrain Bar & Mozzarella Stick	29 Whole Grain Banana Bread Slice & Fresh Apple Slices	30 Whole Grain Crunchy Granola & 1% or Nonfat White Milk

All snack options are lacto-ovo vegetarian. Vegan snack options have been notated with **VE**  
 Menu subject to change