

# March

## Snack Menu

2024

Snacks are served with 4oz milk or 4oz 100% juice. Water is always available.

2 oz. portions of yogurt are served in combination with other food servings.

Two or more servings of dairy or grain-rich foods or protein or fruits or vegetables are served with snacks each day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	29	Frist Steps 4K closed 1 AM yogurt/ritz PM cheezits +GF/juice	2
3	4 AM ½ banana/saltines PM grahams PM4K ½ banana/ saltines	5 AM chips/salsa PM cheezits PM4K chips/salsa	6 AM fruit/ritz PM corn chips PM4K fruit/ritz	7 AM cheezits/juice PM Kix PM4K cheezits +GF/juice	8 AM tortillas/pnut bttr PM ritz PM4K apples/pnut bttr	9
10	11 AM oranges/cheerios PM cheezits PM4K oranges/cheerios	2 AM cheerios/milk PM ritz PM4K cheerios/milk	13 AM fruit/ritz PM Life PM4K fruit/ritz	14 AM saltines/pnut bttr PM cheerios PM4K apples pnut bttr	15 AM chips/juice PM cheezits PM4K chips/juice	16
17	18 AM grahams/milk PM saltines PM4K grahams/+GF/juice	19 AM cheerios/milk PM ritz PM4K cheerios/milk	20 AM fruit/ritz PM chips PM4K fruit/ritz	21 AM saltines/pnut butter PM cheerios PM4K apples pnut bttr	22 AM yogurt/ritz PM cheezits PM4K yogurt/ritz	23
24 (31)	25 AM cheezits/juice PM chex PM4K chex/juice	26 AM chips/salsa PM cheezits PM4K chips/salsa	27 AM cheezits/oranges PM ritz PM4K cheezits/oranges	28 AM saltines/cheese PM cheerios PM4K saltines/or GF	29 AM yogurt/ritz PM chips PM4K yogurt/ritz	30

