



# What's for snack?



Feb 29-  
March 4

Monday

Tuesday

Wednesday

Thursday

Friday

Grain  
1 serving or  
¾ cup

Granola

(G)

Graham Crackers

(G)

Pretzels

(G)

Whole Wheat  
Crackers

(G)

Granola

(G)

Yogurt  
4 oz.

Fruit  
¾ cup

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

March 7-11

Monday

Tuesday

Wednesday

Thursday

Friday

Grain  
1 serving or  
¾ cup

Granola

(G)

Graham Crackers

(G)

Pretzels

(G)

Whole Wheat  
Crackers

(G)

Granola

(G)

Yogurt  
4 oz.

Fruit  
¾ cup

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

NON-VEGETARIAN

VEGETARIAN

(D) CONTAINS DAIRY

(G) CONTAINS GLUTEN

(E) CONTAINS EGG

(S) CONTAINS SOY

(A) CONTAINS SESAME

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# What's for snack?

March 14-  
18

Monday

Tuesday

Wednesday

Thursday

Friday

Grain  
1 serving or  
¾ cup

Granola

(G)

Graham Crackers

(G)

Pretzels

(G)

Whole Wheat  
Crackers

(G)

Granola

(G)

Yogurt  
4 oz.

Fruit  
¾ cup

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

March 21-  
25

Monday

Tuesday

Wednesday

Thursday

Friday

Grain  
1 serving or  
¾ cup

Granola

(G)

Graham Crackers

(G)

Pretzels

(G)

Whole Wheat  
Crackers

(G)

Yogurt  
4 oz.

Fruit  
¾ cup

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

NON-VEGETARIAN

VEGETARIAN

(D) CONTAINS DAIRY

(G) CONTAINS GLUTEN

(E) CONTAINS EGG

(S) CONTAINS SOY

(A) CONTAINS SESAME

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# What's for snack?



March 28-  
April 1

Monday

Tuesday

Wednesday

Thursday

Friday

Grain  
1 serving or  
 $\frac{3}{4}$  cup

Graham Crackers

Pretzels

Whole Wheat  
Crackers

Granola

Yogurt  
4 oz.

Fruit  
 $\frac{3}{4}$  cup

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

NON-VEGETARIAN

VEGETARIAN

ⓓ CONTAINS DAIRY

ⓖ CONTAINS GLUTEN

ⓔ CONTAINS EGG

Ⓢ CONTAINS SOY

Ⓐ CONTAINS SESAME

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