

AUGUST 2022



FLORENCE
SCHOOL DISTRICT 3
A PREMIER DISTRICT OF CHOICE



SNACK

 4-K Snack "This institution is an equal opportunity provider." 		Start with breakfast every day to increase metabolism, energy levels and help avoid snacks between meals. Pick something 'grainy' and add protein. Try whole grain toast with eggs or baked beans or banana and peanut butter. Menus are subject to change based on product availability.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheez-It Crackers 4 oz. Fruit Juice	2 Nacho Cheesier Tortilla Chips 4 oz. Fruit Juice	3 Animal Crackers 4 oz. Fruit Juice	4 PBJ Uncrustable Sandwich Milk	5 Goldfish Crackers 4 oz Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Funyuns 4 oz Fruit Juice	9 Cooler Ranch Tortilla Chips 4 oz. Fruit Juice	10 Bug Bites Crackers 4 oz Fruit Juice	11 Graham Crackers Milk	12 Goldfish Crackers 4 oz Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Cheez-It Crackers 4 oz. Fruit Juice	16 Nacho Cheesier Tortilla Chips 4 oz. Fruit Juice	17 Animal Crackers 4 oz. Fruit Juice	18 PBJ Uncrustable Sandwich Milk	19 Goldfish Crackers 4 oz Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Funyuns 4 oz Fruit Juice	23 Cooler Ranch Tortilla Chips 4 oz. Fruit Juice	24 Bug Bites Crackers 4 oz Fruit Juice	25 Graham Crackers Milk	26 Goldfish Crackers 4 oz Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Cheez-It Crackers 4 oz. Fruit Juice	30 Nacho Cheesier Tortilla Chips 4 oz. Fruit Juice	31 Animal Crackers 4 oz. Fruit Juice		

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SNACK

 After School Snack "This institution is an equal opportunity provider." 		Start with breakfast every day to increase metabolism, energy levels and help avoid snacks between meals. Pick something 'grainy' and add protein. Try whole grain toast with eggs or baked beans or banana and peanut butter. Menus are subject to change based on product availability.		
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1 Cheez-It Crackers 6 oz. Fruit Juice	2 Nacho Cheesier Tortilla Chips 6 oz. Fruit Juice	3 Animal Crackers 6 oz. Fruit Juice	4 PBJ Uncrustable Sandwich Milk	5 Goldfish Crackers 6 oz Fruit Juice
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