MARCH 2023



SNACK

After School Snack



Healthy eating is not about sticking to strict diets or depriving yourself of the foods you love. Rather, it's about eating a balanced range of foods that help you feel great, have more energy, improve your outlook, and help you achieve and maintain a healthy weight.

"This institution is an equal opportunity provider." Menus are subject to change based on product availability. WEDNESDAY **MONDAY TUESDAY THURSDAY FRIDAY Animal Crackers** PBJ Uncrustable Sandwich **Goldfish Crackers** 6 oz Fruit Juice 6 oz Fruit Juice WEDNESDAY **THURSDAY** MONDAY TUESDAY **FRIDAY** 6 10 **Funyuns** Cooler Ranch Tortilla Chips **Bug Bites Crackers** Graham Crackers Goldfish Crackers 6 oz Fruit Juice 6 oz Fruit Juice Milk 6 oz Fruit Juice 6 oz Fruit Juice MONDAY **TUESDAY** WEDNESDAY **THURSDAY** FRIDAY 13 14 15 16 **Cheez-It Crackers** Nacho Cheesier Tortilla Chips **Animal Crackers** PBJ Uncrustable Sandwich **Teacher Workday** 6 oz Fruit Juice 6 oz Fruit Juice 6 oz Fruit Juice Milk No School for Students MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** 20 22 23 24 **Funyuns** Cooler Ranch Tortilla Chips **Bug Bites Crackers Graham Crackers Goldfish Crackers** 6 oz Fruit Juice 6 oz Fruit Juice 6 oz Fruit Juice Milk 6 oz Fruit Juice **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY** 27 28 29 30 31 Cheez-It Crackers Nacho Cheesier Tortilla Chips **Animal Crackers** PBJ Uncrustable Sandwich Goldfish Crackers 6 oz Fruit Juice 6 oz Fruit Juice Milk 6 oz Fruit Juice 6 oz Fruit Juice

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4-K Snack



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