	_	SMCPS Scho Monday	ool Age Care Snac	k Menu 2023-24 Wednesday	Thursday	Menu subject to change Friday
				Whole Wheat Pancakes	Bananas	Whole Grain Cereal
	A.M.			or Waffles w/ low sugar syrup	Graham Crackers	
August				1% Milk	100% Juice	1% Milk
21 - 25				Whole Grain Wheat Thins	Sun Chips	Fresh Fruit
	Р.М.					
				100% Juice	1% Milk	1% Milk
		Whole Grain Cereal	Plain Yogurt	Whole Wheat English	Bananas	Whole Grain Cereal
	A.M.		Berries	Muffins w/jelly	Graham Crackers	
August 28 -		1% Milk	100% Juice	1 % Milk	1% Milk	1% Milk
September 1		Sun Chips	Whole Wheat Ritz	Salad Mix	Whole Grain Goldfish	Fresh Fruit
	P.M.		Crackers & Cheese	w/ shredded cheese	Crackers	
		1% Milk	Cubes 1% Milk	& Ranch 100% Juice	100% Juice	1% Milk
			Whole Grain Cereal	Whole Wheat Pancakes	Bananas	Whole Grain Cereal
	A.M.	Closed		or Waffles w/ low sugar syrup	Graham Crackers	
	A.W.		1% Milk	1% Milk	100% Juice	1% Milk
Sept. 4 - 8			Whole Grain Goldfish	Tortilla Chips & salsa	Sun Chips	Fresh Fruit
			Crackers	Toruma ormpo a carca	Can Cimpo	T TOO!! T TO!!
	P.M.					
		Miles In Oracle Oracle	1% Milk	1% Milk	1% Milk	1% Milk
		Whole Grain Cereal	Plain Yogurt Berries	Whole Grain Pancakes w/ low sugar syrup	Bananas Graham Crackers	Whole Grain Cereal
	A.M.		Demes	w/ low sugal syrup	Gialiani Ciackeis	
Sept. 11 - 15		1% Milk	100% Juice	1% Milk	1% Milk	1% Milk
Sept. 11 - 15		Apple Slices	Whole Wheat Ritz	Carrots & ranch	Tortilla chips & salsa	Fresh Fruit
	P.M.		Crackers & Cheese			
		1% Milk	Cubes 1% Milk	100% Juice	100% Juice	1% Milk
		Whole Grain Cereal	Graham Crackers	Whole Wheat English	Bananas	
	A.M.			Muffins w/ jelly	Graham Crackers	Closed
0 1 10 00		1% Milk	1% Milk	1% Milk	100% Juice	
Sept. 18 - 22		Cheese Cubes &	Cherry tomatos, broccoli	Whole Grain Wheat Thins	Sun Chips	
	P.M.	Pretzels	cucumbers w/ ranch			
		100% Juice	100% Juice	1% Milk	1% Milk	
		10070 00.00	10070 00100	170 171111	7,0 10,111	

		Whole Grain Cereal	Plain Yogurt	Rice Cakes w/	Bananas	Whole Grain Cereal
	A.M.		Berries	apple butter or	Graham Crackers	
		1% Milk	100% Juice	sunflower butter 1% Milk	1% Milk	1% Milk
Sept. 25 - 29		Tortilla chips & salsa	Whole Wheat Ritz	Salad Mix	Whole Grain Goldfish	Fresh Fruit
	P.M.	r or und or upo or odiod	Crackers & Cheese	w/ shredded cheese	Crackers	
	P.IVI.	1% Milk	Cubes 1% Milk	& ranch 100% Juice	100% Juice	1% Milk
		Whole Grain Cereal	Plain Yogurt	Whole Grain Pancakes	Bananas	Whole Grain Cereal
	A.M.		Berries	w/ low sugar syrup	Graham Crackers	
		1% Milk	100% Juice	1% Milk	1% Milk	1% Milk
Oct. 2 - 6		Apple Slices	Whole Wheat Ritz	Carrots & ranch	Tortilla chips & salsa	Fresh Fruit
	P.M.		Crackers & Cheese		·	
	F.IVI.	407 84711	Cubes	4000/ 1/22	4000/ 1 '	407 1411
		1% Milk	<i>1% Milk</i> Plain Yogurt	100% Juice Oranges	100% Juice Bananas	1% Milk Whole Grain Cereal
	١	Virtual Instruction Day	Berries	Oranges	Graham Crackers	Whole Grain Cereal
	A.M.	Program Closed				
Oct. 9 - 13			100% Juice	1% Milk	1% Milk	1% Milk
			Whole Grain Goldfish	Carrots & ranch	Veggie Straws	Fresh Fruit
	P.M.		Crackers			
			1% Milk	100% Juice	1% Milk	1% Milk
		Whole Grain Cereal	Apple Sauce	Whole Wheat Pancakes	Bananas	Whole Grain Cereal
	A.M.		Graham Crackers	or Waffles w/ low sugar syrup	Graham Crackers	
Oct. 16 - 20		1% Milk	1% Milk	1% Milk	100% Juice	1% Milk
Oct. 16 - 20		Cheese Cubes &	Whole Wheat Tortillas		Whole Grain Wheat Thins	Fresh Fruit
	P.M.	Pretzels	Wraps slice of cheese & meat	& Vanilla Wafers		
		100% Juice	1% Milk	1% Milk	1% Milk	1% Milk
		Whole Grain Cereal	Plain Yogurt	Whole Wheat English	Bananas	Whole Grain Cereal
	A.M.		Berries	Muffins w/ jelly	Graham Crackers	
0.1.00.07		1% Milk	100% Juice	1% Milk	1% Milk	1% Milk
Oct. 23 - 27		Veggie Straws	Whole Wheat Ritz	Carrots & ranch	Whole Grain Goldfish	Fresh Fruit
	P.M.		Crackers & Cheese		Crackers	
		1% Milk	Cubes 1% Milk	100% Juice	100% Juice	1% Milk

		Whole Grain Cereal	Whole Grain Waffles	Whole Grain Cereal	Bananas Craham Craakara	Whole Grain Cereal
	A.M.		w/ low sugar syrup		Graham Crackers	
Oct. 30 -		1% Milk		1% Milk	100% Juice	1% Milk
Nov. 3		Carrots & Ranch	Whole Grain Goldfish	Graham Crackers	Sun Chips	Fresh Fruit
	P.M.		Crackers	& Cream Cheese		
		100% Juice	1% Milk	100% Juice	1% Milk	1% Milk
		Whole Grain Cereal	Fresh Fruit	Whole Grain Cereal	Bananas	Closed
	A.M.				Graham Crackers	Closed
N 0 40		1% Milk	1% Milk	1% Milk	1% Milk	
Nov. 6 - 10		Raisins &	Chips & Salsa	Carrots & ranch	Whole Wheat Ritz	
	P.M.	Pretzels	·		Crackers & Cheese	
		1% Milk	1% Milk	100% Juice	100% Juice	
		Whole Grain Cereal	Graham Crackers	Applesauce	Bananas	Whole Grain Cereal
	A.M.				Graham Crackers	
	,	1% Milk	1% Milk	1% Milk	100% Juice	1% Milk
Nov. 13 - 17		Apple Slices	Veggie Straws	Fruit Cups (100% juice or	Sun Chips	Fresh Fruit
	Р.М.	. 44.0 0000		low sugar		
	P.IVI.					
		100% Juice Whole Grain Cereal	1% Milk Plain Yogurt	1% Milk	1% Milk	1% Milk
		Whole Grain Cereal	Berries	Closed	Closed	Closed
	A.M.		Domico	0.000	0.000	0.000
Nov. 20 - 24		1% Milk	100% Juice			
1100. 20 - 24		Carrots & Ranch	Whole Wheat Ritz			
	P.M.		Crackers & Cheese			
		1% Milk	Cubes 1% Milk			
		Whole Grain Cereal	Whole Wheat Pancakes	Whole Grain Cereal	Bananas	Whole Grain Cereal
	A.M.		or Waffles w/ low sugar syrup) I	Graham Crackers	
Nov. 27 -		1% Milk	1% Milk	1% Milk	100% Juice	1% Milk
Dec. 1		String Cheese &	Bananas	Whole Grain Wheat Thins	Sun Chips	Fresh Fruit
	P.M.	Pretzels	& Vanilla Wafers			
		100% Juice	1% Milk	100% Juice	1% Milk	1% Milk

		Whole Grain Cereal	Plain Yogurt	Applesauce	Bananas	Whole Grain Cereal
	A.M.		Berries		Graham Crackers	
		1% Milk	100% Juice	1% Milk	1% Milk	1% Milk
Dec. 4 - 8		Oranges	Whole Grain	Carrots & ranch	Whole Wheat Ritz	Fresh Fruit
	P.M.	, and the second	Goldfish Crackers		Crackers & Cheese	
		100% Juice	1% Milk	100% Juice	100% Juice	1% Milk
		Whole Grain Cereal	Whole Wheat Pancakes	Rice Cakes w/	Bananas	Whole Grain Cereal
	A.M.		or Waffles w/ low sugar syrup		Graham Crackers	
		1% Milk	1% Milk	or sunflower butter 1% Milk	1000/ Iuioo	1% Milk
Dec. 11 - 15		Cheese Cubes &	Whole Wheat Tortillas	Whole Grain Wheat Thins	100% Juice Sun Chips	Tortilla chips & salsa
		Pretzels	Wraps w/ slice of cheese	Whole Grain Wheat Thins	Suri Onips	Tortilla Griips & Saisa
	P.M.	1 10(20)0	& meat			
		100% Juice	1% Milk	100% Juice	1% Milk	100% Juice
			Apple slices	Whole Wheat English	Bananas	Whole Grain Cereal
	A.M.	Closed		Muffins w/ jelly	Graham Crackers	
	' ' ' ' '		1% Milk	1% Milk	1% Milk	1% Milk
Jan. 1 - 5			Whole Wheat Ritz	Salad Mix	Whole Grain Goldfish	Fresh Fruit
	D 34		Crackers & Cheese	w/ shredded cheese	Crackers	
	P.M.		Cubes	& Ranch		
			1% Milk	100% Juice	100% Juice	1% Milk
		Whole Grain Cereal	Whole Wheat Pancakes	Whole Grain Cereal	Bananas	Whole Grain Cereal
	A.M.		or Waffles w/ low sugar syrup		Graham Crackers	
Jan. 8 - 12		1% Milk	1% Milk	1% Milk	100% Juice	1% Milk
Jan. 6 - 12		Apple Slices	Whole Grain Goldfish	Bananas	Sun Chips	Carrots & Ranch
	P.M.		Crackers	& Vanilla Wafers		Whole Wheat
		1% Milk	1% Milk	1% Milk	1% Milk	Ritz Crackers 1% Milk
		.,,	Plain Yogurt	Fruit Cups (100% juice or	Bananas	Whole Grain Cereal
	A.M.		Berries	low sugar)	Graham Crackers	
	A.IVI.	Closed				
Jan. 15 - 19			100% Juice	1% Milk	1% Milk	1% Milk
			Whole Wheat Ritz	Carrots & ranch	Whole Grain Goldfish Crackers	Fresh Fruit
	P.M.		Crackers & Cheese		Crackers	
			Cubes 1% Milk	100% Juice	100% Juice	1% Milk

		Whole Grain Cereal	Oranges	Whole Wheat English	Bananas	
	A.M.			Muffins w/ jelly	Graham Crackers	Closed
		1% Milk	1% Milk	1% Milk	100% Juice	
Jan. 22 26		Cheese Cubes &	Whole Wheat Tortillas	Apple Slices	Whole Grain Wheat Thins	
	D 14	Pretzels	Wraps w/ slice of	7 ,550 0000		
	P.M.		meat & cheese			
		100% Juice	1% Milk	100% Juice	1% Milk	
		Whole Grain Cereal	Plain Yogurt	Rice Cakes w/	Bananas	Whole Grain Cereal
	A.M.		Berries	apple butter or	Graham Crackers	
Jan. 29 -		1% Milk	100% Juice	sunflower butter 1% Milk	1% Milk	1% Milk
Feb. 2		Carrots & Ranch	Whole Wheat Ritz	Salad Mix	Whole Grain Goldfish	Fresh Fruit
1 00. 2		Carrots & Rarion	Crackers & Cheese	w/ shredded cheese	Crackers	Trestrian
	P.M.		Cubes	& ranch	2.00.000	
		1% Milk	1% Milk	100% Juice	100% Juice	1% Milk
		Whole Grain Cereal	Whole Wheat Pancakes	Whole Grain Cereal	Bananas	Whole Grain Cereal
	A.M.		or Waffles w/ low sugar syrup		Graham Crackers	
		1% Milk	1% Milk	1% Milk	100% Juice	1% Milk
Feb. 5 - 9		Oranges	Bananas	Whole Grain Wheat Thins	Veggie Straws	Fresh Fruit
		Orangeo	& Vanilla Wafers	William Craim William Frimie	voggio ciiano	Troommak
	P.M.					
		1% Milk	1% Milk	100% Juice	1% Milk	1% Milk
		Whole Grain Cereal	Plain Yogurt	Oranges	Bananas	Whole Grain Cereal
	A.M.		Berries		Graham Crackers	
		1% Milk	100% Juice	1% Milk	1% Milk	1% Milk
Feb. 12 - 16		String Cheese	Graham Crackers	Carrots & ranch	Whole Grain Goldfish	Fresh Fruit
	P.M.	& Pretzels	& Cream Cheese		Crackers	
	P.IVI.					
		100% Juice	1% Milk	100% Juice	100% Juice	1% Milk
			Graham Crackers	Rice Cakes w/	Bananas	Whole Grain Cereal
	A.M.	Closed	& applesauce	apple butter or sunflower butter	Graham Crackers	
		010300	1% Milk	1% Milk	100% Juice	1% Milk
Feb. 19 - 23			Apple slices	Whole Grain Wheat Thins	Sun Chips	Fresh Fruit
	P.M.		, ,		•	
	P.IVI.					
			1% Milk	100% Juice	1% Milk	1% Milk

		Whole Grain Cereal	Plain Yogurt	Whole Wheat English	Bananas	
	A.M.		Berries	Muffins w/ jelly	Graham Crackers	Closed
	A.W.					
Feb. 26 - Mar.		1% Milk	100% Juice	1% Milk	1% Milk	
1		Graham Crackers	Whole Wheat Ritz	Salad Mix	Whole Grain Goldfish	
	P.M.		Crackers & Cheese	w/ shredded cheese	Crackers	
		1% Milk	Cubes 1% Milk	& ranch 100% Juice	100% Juice	
		Whole Grain Cereal	Whole Wheat Pancakes	Whole Grain Cereal	Bananas	Whole Grain Cereal
		Whole Grain Cereal	or Waffles w/ low sugar syrup		Graham Crackers	Wildle Grain Cereal
	A.M.		or warnes w/ low sugar syrup	1	Granam Grackers	
		1% Milk	1% Milk	1% Milk	100% Juice	1% Milk
Mar. 4 - 8		Graham Crackers	Whole Grain Goldfish	Apple Slices	Carrots & ranch	Fresh Fruit
	D 84	& Cream Cheese	Crackers			
	P.M.					
		100% Juice	1% Milk	1% Milk	100% Juice	1% Milk
		Whole Grain Cereal	Plain Yogurt	Rice Cakes w/	Bananas	Whole Grain Cereal
	A.M.		Berries	apple butter	Graham Crackers	
	,			or sunflower butter		
Mar. 11 - 15		1% Milk	100% Juice	1% Milk	1% Milk	1% Milk
		Carrots & Ranch	Bananas	Graham Crackers	Whole Grain Goldfish	Fresh Fruit
	P.M.		& Vanilla Wafers	& Cream Cheese	Crackers	
		100% Juice	1% Milk	100% Juice	100% Juice	1% Milk
		Whole Grain Cereal	Graham Crackers	Oranges	Bananas	170 Will
		TTTICLE CTAIL COLOAL	& raisins	erangee	Graham Crackers	Virtual Instruction Day
	A.M.				Granam Graditore	Program Closed
Mar. 40, 00		1% Milk	1% Milk	1% Milk	100% Juice	
Mar. 18 - 22		Cheese Cubes &	Veggie Straws	Whole Grain Wheat Thins	Tortilla chips & salsa	
	Р.М.	Pretzels				
	F.IVI.					
		100% Juice	1% Milk	100% Juice	1% Milk	
		Closed	Closed	Closed	Closed	Closed
	A.M.	Ciosea	Ciosea	Ciosea	Ciosea	Ciosea
Mar. 25 - 29						
	P.M.					

		Closed	Plain Yogurt	Whole Wheat Pancakes	Bananas	Whole Grain Cereal
	A.M.	Closed	Berries	or Waffles w/ low sugar syrup	Graham Crackers	
Apr. 1 - 5			100% Juice	1% Milk	1% Milk	1% Milk
Apr. 1 - 5			Whole Wheat Ritz	Salad Mix	Whole Grain Goldfish	Fresh Fruit
	P.M.		Crackers & Cheese	w/ shredded cheese	Crackers	
			Cubes 1% Milk	& ranch 1% Milk	100% Juice	1% Milk
		Closed	Whole Grain Cereal	Apple Slices	Bananas Craham Craekara	Whole Grain Cereal
	A.M.	Ciosea			Graham Crackers	
A 0 40			1% Milk	1% Milk	1% Milk	1% Milk
Apr. 8 - 12			Whole Wheat Ritz	Carrots & ranch	Whole Grain Goldfish	Fresh Fruit
	P.M.		Crackers & Cheese		Crackers	
			Cubes 1% Milk	100% Juice	100% Juice	1% Milk
		Whole Grain Cereal	Graham Crackers	Whole Wheat English	Bananas	Whole Grain Cereal
	A.M.			Muffins w/ jelly	Graham Crackers	
Apr. 15, 10		1% Milk	1% Milk	1% Milk	100% Juice	1% Milk
Apr. 15 19		Graham Crackers	Sliced Apples	Whole Grain Wheat Thins	Tortilla chips & salsa	Fresh Fruit
	P.M.	& Cream Cheese				
		1% Milk	1% Milk	100% Juice	1% Milk	1% Milk
		Whole Grain Cereal	Plain Yogurt	Whole Wheat Pancakes	Bananas	Whole Grain Cereal
	A.M.		Berries	or Waffles w/ low sugar syrup	Graham Crackers	
A 00 00		1% Milk	100% Juice	1% Milk	1% Milk	1% Milk
Apr. 22 - 26		Sun Chips	Bananas	Salad Mix	Whole Grain Goldfish	Fresh Fruit
	P.M.		& Vanilla Wafers	w/ shredded cheese	Crackers	
		1% Milk	1% Milk	& ranch 100% Juice	100% Juice	1% Milk
		Whole Grain Cereal	Whole Wheat Pancakes	Whole Grain Cereal	Bananas	Whole Grain Cereal
	A.M.		or Waffles w/ low sugar syrup)	Graham Crackers	
Apr. 29 -		1% Milk		1% Milk	100% Juice	1% Milk
May 3		Chips & Salsa	Whole Grain Goldfish	Whole Grain Wheat Thins	Sun Chips	Fresh Fruit
	P.M.		Crackers			
		1% Milk	1% Milk	100% Juice	1% Milk	1% Milk

		Whole Grain Cereal	Plain Yogurt Berries	Whole Wheat English Muffins w/jelly	Bananas Graham Crackers	Whole Grain Cereal
	A.M.		Domos	, ,	Granam Grashers	
May. 6 - 10		1% Milk	100% Juice	1% Milk	1% Milk	1% Milk
may. o 10		String Cheese &	Tortilla chips & salsa	Carrots & ranch	Whole Grain Goldfish	Fresh Fruit
	P.M.	Pretzels			Crackers	
		100% Juice	1% Milk	100% Juice	100% Juice	1% Milk
		Whole Grain Cereal	Oleand	Oranges	Bananas	Whole Grain Cereal
	A.M.		Closed		Graham Crackers	
NA 40 47		1% Milk		1% Milk	100% Juice	1% Milk
May 13 - 17		Cheese Cubes &		Whole Grain Wheat Thins	Sun Chips	Fresh Fruit
	P.M.	Pretzels				
		100% Juice		100% Juice	1% Milk	1% Milk
		Whole Grain Cereal	Applesauce	Whole Grain Cereal	Apple Slices	Whole Grain Cereal
	A.M.					
		1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
May 20 - 24		Sun Chips	Whole Wheat Ritz	Salad Mix	Veggie Straws &	Whole Grain Goldfish
		Guil Griipo	Crackers & Cheese	w/ shredded cheese	Cheese Cubes	Wildle Grain Colanen
	P.M.		Cubes	& ranch		
		1% Milk	1% Milk	100% Juice	100% Juice	1% Milk
		Closed	Whole Wheat Pancakes or Waffles w/ low sugar syrup	Whole Grain Cereal	Bananas Graham Crackers	Whole Grain Cereal
	A.M.	010000	or wantes willow sagar syrap		Ordinam Ordonoro	
May 27 - 31				1% Milk	100% Juice	1% Milk
Way 21 - 31			Bananas	Whole Grain Wheat Thins	Sun Chips	Fresh Fruit
	P.M.		& Vanilla Wafers			
			1% Milk	100% Juice	1% Milk	1% Milk
		Whole Grain Cereal	Apple slices	Whole Grain Cereal	Bananas	Whole Grain Cereal
	A.M.				Graham Crackers	
		1% Milk	100% Juice	1% Milk	1% Milk	1% Milk
June 3 - 7		Cheese Cubes &	Tortilla chips & salsa	Carrots & ranch	Whole Grain Goldfish	Graham Crackers
	P.M.	Pretzels			Crackers	
		100% Juice	1% Milk	100% Juice	100% Juice	1% Milk
		10070 04100	170 111111	10070 00100	10070 00100	7,0 10,000

		Whole Grain Cereal	Yogurt w/ Berries	Whole Grain Cereal	
	A.M.				
lupo 10 - 14		1% Milk	100% Juice	1% Milk	
June 10 - 14		Whole Grain Goldfish	Sun Chips	Pretzels &	
	P.M.			Cheese Cubes	
		100% Juice	1% Milk	100% Juice	