



# Grades K-8 Snack Menu

January 2024



## Yreka Union School District

Monday		Tuesday		Wednesday		Thursday		Friday		
1		2		3		4		5		
		<h1>Happy New Year!</h1>								
8	Munchies Snack Mix String Cheese Stick 100% Berry Juice	9	Blueberry Snack'n Waffle 1% Lowfat Milk	10	Fresh Apple Slices String Cheese Stick 100% Fruit Juice	11	MJM Grahams & Milk	12	Cheddar Cheez-Its 100% Orange Juice	
15		16	Banana Muffin 1% Lowfat Milk	17	Chex Mix 100% Apple Juice	18	MJM Grahams & Milk	19	Cocoa Cherry Soft Baked Bar 1% Lowfat Milk	
22	Munchies Snack Mix String Cheese Stick 100% Berry Juice	23	Maple Snack'n Waffle 1% Lowfat Milk	24	Fresh Apple Slices String Cheese Stick 100% Fruit Juice	25	MJM Grahams & Milk	26	Cheddar Cheez-Its 100% Orange Juice	
29	Sunflower Seeds String Cheese Stick 100% Apple Juice	30	Banana Muffin 1% Lowfat Milk	31	Chex Mix 100% Apple Juice	Menu subject to change.				
						<b>This institution is an equal opportunity provider.</b>				

### Did You Know?

Eating a snack during the day can help give you a boost of energy and provides you with extra nutrients.



**All grains offered on our menus are whole grain rich!**

**The serving size for our grain items at snack are 1 oz equivalent.**

**The serving size for our fruit and juice are 3/4 cup.**

**Cheese and Sunflower seeds are 1 oz.**