



Grades K-8 Snack Menu

March 2024



Yreka Union
School District

Monday		Tuesday		Wednesday		Thursday		Friday	
								1	Sunflower Seeds String Cheese Stick 100% Apple Juice, Snack
4	Munchies Snack Mix String Cheese Stick 100% Berry Juice, Snack	5	Maple Snack'n Waffle 1% Lowfat Milk	6	Fresh Apple Slices Sunbutter Cup 100% Fruit Juice	7	MJM Grahams & Milk	8	Chex Mix 100% Apple Juice, Snack
11	Munchies Snack Mix String Cheese Stick 100% Berry Juice, Snack	12	Snack Size Banana Muffin 1% Lowfat Milk	13	Danimals Yogurt Cup Granola	14	MJM Grahams & Milk	15	Sunflower Seeds String Cheese Stick 100% Apple Juice, Snack
18	Munchies Snack Mix String Cheese Stick 100% Berry Juice, Snack	19	Maple Snack'n Waffle 1% Lowfat Milk	20	Fresh Apple Slices Sunbutter Cup 100% Fruit Juice	21	MJM Grahams & Milk	22	Chex Mix 100% Apple Juice, Snack
25	Munchies Snack Mix String Cheese Stick 100% Berry Juice, Snack	26	Snack Size Banana Muffin 1% Lowfat Milk	27	Danimals Yogurt Cup Granola	28	MJM Grahams & Milk	29	Sunflower Seeds String Cheese Stick 100% Apple Juice, Snack

Did You Know?

It is important to eat a variety of fruit and vegetables because they all provide different nutrients and benefits. The more color the better!



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.