




# Grades K-8 Snack Menu

## May 2024



Yreka Union  
School District

| Monday  |  | Tuesday |  | Wednesday |  | Thursday |   | Friday |   |
|---|--|---------|--|-----------|--|----------|---|--------|---|
| <p><b>This institution is an equal opportunity provider.</b></p> <p>Menu subject to change.</p> |  |         |  | 1         | Danimals Yogurt Cup<br>Granola                                       | 2        | MJM Grahams & Milk                                    | 3      | Sunflower Seeds<br>String Cheese Stick<br>100% Apple Juice, Snack |
| 6   | Veggie Crackers<br>String Cheese Stick<br>100% Berry Juice, Snack  | 7       | Sour Strawberry Raisins<br>Colby Jack Cheese Stick<br>1% Lowfat Milk | 8         | Fresh Apple Slices<br>Cheddar Cheese Stick<br>100% Fruit Juice       | 9        | Strawberry Grahams<br>1% Lowfat Milk                  | 10     | Chex Mix<br>100% Apple Juice, Snack                               |
| 13  | Munchies Snack Mix<br>String Cheese Stick<br>100% Berry Juice, Snack   | 14      | Snack Size Banana Muffin<br>1% Lowfat Milk                           | 15        | Honey Cranberry Trail Mix<br>String Cheese Stick<br>100% Fruit Juice | 16       | Scooby Doo Cinnamon Graham Crackers<br>1% Lowfat Milk | 17     | Cheddar Goldfish<br>100% Orange Juice                             |
| 20  | Veggie Crackers<br>String Cheese Stick<br>100% Berry Juice, Snack  | 21      | Maple Snack'n Waffle<br>1% Lowfat Milk                               | 22        | Fresh Apple Slices<br>Sunbutter Cup<br>100% Fruit Juice              | 23       | Strawberry Grahams<br>1% Lowfat Milk                  | 24     | Chex Mix<br>100% Apple Juice, Snack                               |
| 27  |  <p><b>MEMORIAL DAY</b></p> | 28      | Snack Size Banana Muffin<br>1% Lowfat Milk                           | 29        | Danimals Yogurt Cup<br>Granola                                       | 30       | MJM Grahams & Milk                                    | 31     | Sunflower Seeds<br>String Cheese Stick<br>100% Apple Juice, Snack |

### Did You Know?

A balanced snack that contains protein, carbs and healthy fats will help keep you full throughout the day and give you more energy to accomplish all of your tasks.



**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.**