

August Snack



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
			Goldfish Cheddar	Wheat Crackers
17	18	19	20	21
Sunflower Seeds	Churro Poptillas	Chocolate Granola	Nacho Poptillas	Honey Graham Crackers
24	25	26	27	28
Cheese Stick	Goldfish Pretzels	Honey Graham Crackers	Ranch Crackers	Educational Snacks
31				
Pizza Crackers				

Snack Includes:

All snacks meet 1 oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable
 Fruit Rotation: Apple (3/4 Cup), Pear (3/4 Cup), 100% Fruit Juice 6 oz
 *All fruits meet 3/4 cup equivalent
 *All Grains Are Whole Grain Rich

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