



March Snack Menu

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2 Fig Bars with Fruit Smoothie Pear Slices and Goldfish	3 Scrambled eggs with cheese and tomato slices Bagel thins with cream cheese and cucumber slices	4 Oatmeal with milk and fresh strawberries 3-cheese quesadillas and salsa	5 Applesauce pancakes with milk Orange Slices and string cheese	6 Waffles with blueberries Pineapple cubes, grapes and wheat thins
9 Banana slices And plain yogurt Applesauce with Graham Crackers	10 Oatmeal Strawberry Smoothie with Honey Toast Cereal with Fresh Fruit and Milk	11 Turkey Scramble Egg Whites with Tomatoes and Toast Toasted Cinnamon Pita Chips with Pear Slices	12 Fresh Fruit Salad with Cottage Cheese Cheesy Bean Dip with Salsa and Tortilla Chips	13 Multigrain Cheerios with Milk and Raisins Cheese Cubes with Whole Wheat Pretzels and Apple Slices
16 Fig Bars with Fruit Smoothie Pear Slices and Goldfish	17 Scrambled eggs with cheese and tomato slices Bagel thins with cream cheese and cucumber slices	18 Oatmeal with milk and fresh strawberries 3-cheese quesadillas and salsa	19 Applesauce pancakes with milk Orange Slices and string cheese	20 Waffles with blueberries Pineapple cubes, grapes and wheat thins
23 Banana Slices and Yogurt Applesauce with Graham Crackers	24 Oatmeal Strawberry Smoothie with Honey Toast Cereal with Fresh Fruit and Milk	25 Turkey Scramble Egg Whites with Tomatoes and Toast Toasted Cinnamon Pita Chips with Pear Slices	26 Fresh Fruit Salad with Cottage Cheese Cheesy Bean Dip with Salsa and Tortilla Chips	27 Multigrain Cheerios with Milk and Raisins Cheese Cubes with Whole Wheat Pretzels and Apple Slices
30 Fig Bars with fruit smoothie Pear Slices and Goldfish	31 Scrambled eggs with cheese and tomato slices Bagel thins with cream cheese and cucumber slices			

Fun Fact

Most fruits develop in 3 to 4 months, but it takes about 18 months to two years for a pineapple to grow to its full size.

- Water is served with every meal and is our primary source of beverage.
- All meals are served Family Style
- All meals are homemade and do not include anything fried, re-heated or with trans-fat.
- Only whole grain and whole wheat foods are provided.

