




SEPTEMBER 2022



SNACK

 After School Snack "This institution is an equal opportunity provider." 		Nutrition Tip: Be mindful--take your time and notice what you eat. Eating quickly while you're on the run and distracted can mean you eat more food than you need. It takes 30 minutes for your stomach to tell your brain that it's full. Slow down and wait for meals to digest. Minimize distractions such as phones and TV. Menus are subject to change based on product availability.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 PBJ Uncrustable Sandwich Milk	2 Goldfish Crackers 6 oz Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 No School Labor Day Holiday	6 Cooler Ranch Tortilla Chips 6 oz Fruit Juice	7 Bug Bites Crackers 6 oz Fruit Juice	8 Graham Crackers Milk	9 Goldfish Crackers 6 oz Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Cheez-It Crackers 6 oz Fruit Juice	13 Nacho Cheesier Tortilla Chips 6 oz Fruit Juice	16 Animal Crackers 6 oz Fruit Juice	15 PBJ Uncrustable Sandwich Milk	16 Goldfish Crackers 6 oz Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Funyuns 6 oz Fruit Juice	20 Cooler Ranch Tortilla Chips 6 oz Fruit Juice	21 Bug Bites Crackers 6 oz Fruit Juice	22 Graham Crackers Milk	23 Goldfish Crackers 6 oz Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Cheez-It Crackers 6 oz Fruit Juice	27 Nacho Cheesier Tortilla Chips 6 oz Fruit Juice	28 Animal Crackers 6 oz Fruit Juice	29 PBJ Uncrustable Sandwich Milk	30 Goldfish Crackers 6 oz Fruit Juice