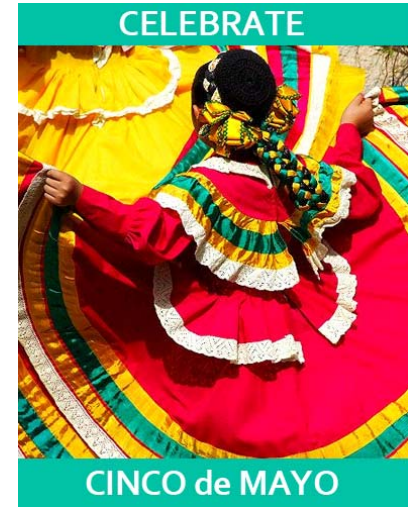


Variety FoodServices Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			String Cheese Wheat Crackers Snack Apple Juice 1 210: 39% 26	Fresh Apple 1% or FF Flavored Milk 2 196: 0% 40
Pretzels Apple Juice 5 150: 0% 37	Snack Apple Juice Oatmeal Cookie 6 260: 10% 55	Banana Muffin w/out Nuts (2oz) Snack Orange Juice 7 280: 19% 53	Graham Cracker Snack Apple Juice 8 150: 18% 31	Apple Breakfast Bar 1% or FF Flavored Milk 9 264: 14% 48
Cinnamon GoldFish Apple Juice 12 190: 19% 36	Cheese Cracker Snack Apple Juice 13 320: 37% 45	Zoo Cracker Snack Orange Juice 14 180: 10% 38	String Cheese Wheat Crackers Snack Apple Juice 15 210: 39% 26	Fresh Apple 1% or FF Flavored Milk 16 196: 0% 40
Pretzel Goldfish Apple Juice 19 150: 12% 32	Graham Cracker Snack Apple Juice 20 150: 18% 31	Yogurt Snack Orange Juice 21 170: 5% 34	Cheese Cracker Snack Apple Juice 22 320: 37% 45	Diced Pears 1% or FF Flavored Milk 23 208: 4% 42
Pretzels Apple Juice 26 150: 0% 37	Snack Apple Juice Oatmeal Cookie 27 260: 10% 55	Banana Muffin w/out Nuts (2oz) Snack Orange Juice 28 280: 19% 53	Graham Cracker Snack Apple Juice 29 150: 18% 31	Apple Breakfast Bar 1% or FF Flavored Milk 30 264: 14% 48



Thought for Thought

Everyday happiness means getting up in the morning, and you can't wait to finish your breakfast. You can't wait to do your exercises. You can't wait to put on your clothes. You can't wait to get out - and you can't wait to come home, because the soup is hot. - George Burns

Tips & Information

Nutrition Key -> Calories : %Calories from Fat : Carbohydrates (Grams)
 Nutrition Avg - Cals=214 Fatg=4 Fat%=17% Sfatg=1 Carbg=40 Protg=4
 "or:" = An alternative selection to choose. "WG"=Whole Grain

****Menu Subject to Change****

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