

YWCA

WORKING MENU

SPECIAL NOTE: CANNOT BE TWO OF THE SAME COMPONENTS

EXAMPLE - JUICE AND FRESH APPLES

MILK = 1 CUP

JUICE = 1 CUP

FRUIT OR VEGETABLES = 1/2 CUP

BRFAD OR BREAD ALTERNATE = 1 SLICE

PEANUT BUTTER OR SOY BUTTER = 2 TABLESPOONS

CHEESE SLICES = 1oz

NOTE : MILK AND JUICE CANNOT BE SERVED AS THE 2 COMPONENTS

PM SNACK

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 YOGURT FRESH APPLES
4 WHOLE GRAIN CINNAMON CRISP CRACKERS UNFLAVORED SKIM MILK	5 WHOLE GRAIN SOY BUTTER & JELLY POCKETS UNFLAVORED SKIM MILK	6 WHOLE GRAIN GRAHAM CRACKERS BANANAS	7 WHOLE GRAIN CORN MUFFINS UNFLAVORED SKIM MILK	8 WHOLE GRAIN BREAD STICKS FRESH ORANGES
11 BANANA WHOLE GRAIN CHEESE IT CRACKERS	12 WHOLE GRAIN RITZ CRACKERS WITH SOY BUTTER UNFLAVORED SKIM MILK	13 FRESH GRAPES STRING CHEESE	14 WHOLE GRAIN WG BREAD STICKS APPLESAUCE CUPS	15 RAISINS WHOLE GRAIN RITZ CRACKERS 100% APPLE JUICE
18 WG BLUEBERRY MINI LOAF UNFLAVORED SKIM MILK	19 EGG SALAD ON WG SALTINE CRACKERS	20 WHOLE GRAIN TOSTADO CHIPS DIPPED IN SALSA CHEESE DIP UNFLAVORED SKIM MILK	21 WHOLE GRAIN ANIMAL CRACKERS UNFLAVORED SKIM MILK	22 WHOLE GRAIN BAGEL WITH GRAPE JELLY 100% ORANGE JUICE
25 STRING CHEESE BANANAS	26 RAISIN BREAD APPLESAUCE CUP	27 WHOLE GRAIN BLUEBERRY LEMON CRISP CRACKERS UNFLAVORED SKIM MILK	28 WW SOFT PRETZELS STICKS with MUSTARD DIP UNFLAVORED SKIM MILK	29 WHOLE GRAIN BREAD STICKS FRESH ORANGES