



FACTS



November

2019

Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/28	10/29	10/30	10/31	11/1 Melon Trio Cups (3/4 Cup) Cheeze-Its (W/G 2 Oz)
11/4 Fruit Juice (3/4 cup) Bagel w/Light Cream Cheese (W/G 2 Oz)	11/5 Mixed Fruit Cups/Craisins (3/4 Cup) Scooby Snacks (W/G 1 Oz)	11/6 Apples (2 Oz) Cheddar Cheese Sticks (L/F 1 Oz)	11/7 Carrots w/ Light Ranch (2 Oz) Goldfish Crackers (W/G 1 Oz)	11/8 PD Training No School No FACTS
11/11 Veteran's Day No School No FACTS	11/12 Blueberry Muffin (W/G 2 Oz) String Cheese (L/F 1 Oz)	11/13 Apple Slices (2 Oz) "Frozen" Crackers (W/G 1 Oz)	11/14 Diced Peaches (1/2 Cup) White/Grape Juice (100% 1/2 Cup) Goldfish Pretzels (W/G 1 Oz)	11/15 Beef Jerky (L/S 2 Oz) Pear (1 Cup)
11/18 Cinnamon Applesauce (L/S 3/4 Cup) Cheerios (W/G 1 Cup)	11/19 Strawberry Go-Gurt (L/S 4 Oz) Bug Bite Graham Crackers (W/G 1 Oz)	11/20 Blueberry Bites (1 Cup) Kix Cereal (W/G 1 Cup)	11/21 Honey Dew Chunks (3/4 cup) Chocolate Chip Muffins (W/G 2 Oz)	11/22 Cucumber Slices w/ Light Ranch (2 Oz) Pears (1 Cup)
11/25 Mandarin Orange Cups (1/2 Cup) Watermelon Crasins (1/2 Cup) Colby Cheese Sticks (L/F 1 Oz)	11/26 Peach/Raspberry Yogurt (L/F 4 Oz) Cinnamon Crisps (W/G 1 Oz)	11/27 Thanksgiving Break No School No FACTS	11/28 Thanksgiving Day No School No FACTS	11/29 Thanksgiving Break No School No FACTS

This institution is an equal opportunity provider.

Revised 10/28/2019

Menu is subject to change.

All dry cereals contain no more than 6 grams of sugar per dry ounce.

All yogurts contain no more than 23 grams of sugar per 6 ounces.

Water is available sites via the drinking fountain.

W/G-Whole Grain

L/F- Low Fat

L/S=Low Sodium or Low Sugar