

SEPTEMBER SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Giant Cinnamon Grahams	Cheese Puffs	Goldfish Cheddar	Wheat Crackers
7	8	9	10	11
	Churro Poptillas	Chocolate Granola	Nacho Poptillas	Honey Graham Crackers
14	15	16	17	18
Cheese Stick	Goldfish Pretzels	Honey Graham Crackers	Ranch Crackers	Educational Snacks
21	22	23	24	25
Sea Salt Poptillas	Giant Cinnamon Grahams	Cheese Puffs	Goldfish Cheddar	Wheat Crackers
28	29	30		
Sunflower Seeds	Churro Poptillas	Chocolate Granola		

Snack Includes:

All snacks meet 1oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable
 Fruit Rotation: Pear (3/4 Cup), Apple (3/4 Cup), 100% Fruit Juice 6 oz
 *All fruits meet 3/4 cup equivalent
 *All Grains Are Whole Grain Rich

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