

SNACK

AUGUST 2024 JRC LEARNING CENTER



Monday

Tuesday

Wednesday

Thursday

Friday

Nutrition Fact: Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower the risk of heart disease.



1
WGR Ritz Crackers
Pineapple
Water

2
Trail Mix
WG Cheerios & WG Chex
Dried Cranberries
Water

5
WGR Crackers
Oranges
Water

6
Animal Crackers
Mangos
Water

7
Sliced Turkey & Cheese
Roll-Ups
WGR Tortilla
Water

8
Cheese Pizza
WGR Crust
Water

9
Cheesy
WGR Bread Stick
W/ Marinara Sauce
Water

12
WGR Cheese – Its
Mixed Fruit
Water

13
Corn Pudding
Water

14
Wheat Thins
Banana
Water

15
English Muffin Pizza
w/cheese
Water

16
WGR Pretzels
Cheese Sauce
Water

19
Very Berry Parfaits
W/ Oats
Water

20
Baked Sweet Potatoes
&
Apples
Water

21
Cinnamon Pita
Banana
Water

22
Cucumber & Watermelon
Salad
Water

23
Cheese Stick
Graham Crackers
Water

26
WGR Goldfish
Mixed Fruit
Water

27
Chicken Salad
2-way Crackers
Water

28
WGR Cheese-its
Banana
Water

29
Grilled Cheese
WGR Bread
Water

30
Trail Mix
WGR Cheerios -Pretzels
Wheat Chex
Dried Cranberries
Water

Milk – 8oz.

Meat/Meat Alternate – 1 oz.

Fruits/Vegetables – 1/4 cup

Soup – 4 oz. Yogurt -4 oz

HM = Homemade

WG = Whole Grain Rich

This Institution is an equal
Opportunity Employer

