

MARCH 2024

Head Start Snack Menu

Monday

Tuesday

Wednesday

Thursday

Friday



1

4 oz. Cup Peaches
1.oz Goldfish Crackers
4 oz. Water

*Graham Crackers provided as substitute.

4

1.5 oz. Cheeze Its
8 oz. Skim Unflavored Milk

*Lactose Free Milk & Chex Mix provided as Substitute.

5

Optional Teacher Workday

6

1.75 oz. Chex Mix
8 oz. 1% Skim Unflavored Milk

*Lactose Free Milk provided as Substitute.

7

4 oz. Yogurt
(Upstate Farms)
4 oz. Strawberries
4 oz. Water

*Coconut Milk Yogurt provided as substitute.

8

4 oz. Cup Peaches
1.oz Goldfish Crackers
4 oz. Water

*Graham Crackers provided as substitute.

11

1.5 oz. Cheeze Its
8 oz. Skim Unflavored Milk

*Lactose Free Milk & Chex Mix provided as Substitute.

12

1 oz. String Cheese
1 oz. Graham Crackers
4 oz. Water

*Sunflower Seed Butter provided as Substitute.

13

1.75 oz. Chex Mix
8 oz. 1% Skim Unflavored Milk

*Lactose Free Milk provided as Substitute.

14

4 oz. Yogurt
(Upstate Farms)
4 oz. Strawberries
4 oz. Water

*Coconut Milk Yogurt provided as substitute.

15

4 oz. Cup Peaches
1.oz Goldfish Crackers
4 oz. Water

*Graham Crackers provided as substitute.

18

1.5 oz. Cheeze Its
8 oz. Skim Unflavored Milk

*Lactose Free Milk & Chex Mix provided as Substitute.

19

1 oz. String Cheese
1 oz. Graham Crackers
4 oz. Water

*Sunflower Seed Butter provided as Substitute.

20

1.75 oz. Chex Mix
8 oz. 1% Skim Unflavored Milk

*Lactose Free Milk provided as Substitute.

21

4 oz. Yogurt
(Upstate Farms)
4 oz. Strawberries
4 oz. Water

*Coconut Milk Yogurt provided as substitute.

22

4 oz. Cup Peaches
1.oz Goldfish Crackers
4 oz. Water

*Graham Crackers provided as substitute.

25

1.5 oz. Cheeze Its
8 oz. Skim Unflavored Milk

*Lactose Free Milk & Chex Mix provided as Substitute.

26

1 oz. String Cheese
1 oz. Graham Crackers
4 oz. Water

*Sunflower Seed Butter provided as Substitute.

27

1.75 oz. Chex Mix
8 oz. 1% Skim Unflavored Milk

*Lactose Free Milk provided as Substitute.

28

4 oz. Yogurt
(Upstate Farms)
4 oz. Strawberries
4 oz. Water

*Coconut Milk Yogurt provided as substitute.

29

Optional Teacher Workday

Menus are subject to change due to weather, calendar changes, product and/ or deliveries.
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