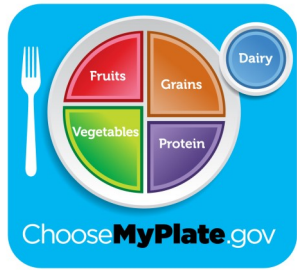




March Snack Menu

BISHOP JOHN WALKER

This institution is an equal opportunity provider.



Healthy Snacks for Active Students!

Healthy snacks are an important part of your diet. To create a healthy snack, include at least two of the five food groups on MyPlate: grain, protein, fruit, vegetables, and dairy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <ul style="list-style-type: none"> whole grain oat & honey goldfish graham chilled pineapple 	3 <ul style="list-style-type: none"> chilled applesauce low fat cheese stick 	4 <ul style="list-style-type: none"> strawberry banana yogurt whole grain graham crackers 	5 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	6 <ul style="list-style-type: none"> cheddar cheese cubes dried cranberries
9 <ul style="list-style-type: none"> whole grain goldfish chilled pineapple 	10 <ul style="list-style-type: none"> sunbutter cup whole grain animal crackers 	11 <ul style="list-style-type: none"> vanilla yogurt whole grain cinnamon elf graham 	12 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	13 <ul style="list-style-type: none"> whole grain apple cinnamon muffin low fat cheese stick
16 <ul style="list-style-type: none"> whole grain oat & honey goldfish graham chilled pineapple 	17 <ul style="list-style-type: none"> chilled applesauce low fat cheese stick 	18 <ul style="list-style-type: none"> strawberry banana yogurt whole grain graham crackers 	19 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	20 <ul style="list-style-type: none"> cheddar cheese cubes dried cranberries
23 <ul style="list-style-type: none"> whole grain goldfish chilled pineapple 	24 <ul style="list-style-type: none"> sunbutter cup whole grain animal crackers 	25 <ul style="list-style-type: none"> vanilla yogurt whole grain cinnamon elf graham 	26 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	27 <ul style="list-style-type: none"> whole grain apple cinnamon muffin low fat cheese stick
30 spring break no school	31 spring break no school			