

February Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Go Big Yogurt and Graham Sticks
4 SunChips and Cheese Stick	5 Fruited Yogurt and Graham Sticks	6 Corn Muffin and Cheese Cubes	7 Fruited Yogurt and Graham Sticks	8 Sunflower Seeds and Banana
11 Fruited Yogurt and Graham Sticks	12 SunChips and Fresh Apple	13 Fruited Yogurt and Graham Sticks	14 Corn Muffin and Banana	15 Sunbutter and Jelly Sandwich with Milk
18 Presidents' Day No School	19 February Recess No School	20 February Recess No School	21 February Recess No School	22 February Recess No School
25 Corn Muffin and Cheese Stick	26 Go Big Yogurt and Graham Sticks	27 SunChips and Cheese Stick	28 Sunbutter and Jelly Sandwich with Milk	



A snack must be 2 of the 5 components:

- Grain
- Meat/meat Alternate
- Fruit (3/4 cup)
- Vegetable (3/4 cup)
- Fluid Milk
- All menu items that contain peanuts or tree nuts as an ingredients are clearly named

Please Note:

- If you have a food allergy please speak to the school nurse and advise your kitchen manager
- Menu is subject to change

To find out more about BPS Food and Nutrition Services visit us at:
<http://www.bostonpublicschools.org/fns>

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