

# March 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 Corn Muffin and Cheese Stick	19 Go Big Yogurt and Graham Sticks	20 SunChips and Cheese Stick	21 Sunbutter and Jelly Sandwich with Milk	22 Fruited Yogurt and Graham Sticks
25 SunChips and Cheese Stick	26 Fruited Yogurt and Graham Sticks	27 Corn Muffin and Cheese Cubes	28 Go Big Yogurt and Graham Sticks	29 Sunflower Seeds and Banana



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>*

Dept. of Food & Nutrition  
Services, 370 Columbia Road,  
Boston, Ma 02125  
(617) 635 9144