



EEC Snack

March 2019

In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins

You can steam brussels sprouts and toss them with olive oil, Parmesan cheese, or butter.



Monday

Tuesday

Wednesday

Thursday

Friday

Gripz Graham crackers
Fruit Juice **1**

Kix cereal
1% white milk **4**

Rice Krispe treats
Fruit juice **5**

Seasonal Fresh fruit
Annie's Graham Cracker s
Fruit juice **6**

Snack Mix
Fruit Juice **7**

Zesta Crackers
Colby cheese cubes
Fruit Juice **8**

Nature Valley Chocolate chip Bites
1% white milk **11**

String Cheese
Mixed fruit cup **12**

Banana Bread
Fruit Juice **13**

Chocolate Chip Muffin
1% white milk **14**

Gripz Graham crackers
Fruit Juice **15**

Kix cereal
1% white milk **18**

Rice Krispe treats
Fruit juice **19**

Seasonal Fresh fruit
Annie's Graham Cracker s
Fruit juice **20**

Snack Mix
Fruit Juice **21**

Zesta Crackers
Colby cheese cubes
Fruit Juice **22**

Nature Valley Chocolate chip Bites
1% white milk **25**

String Cheese
Mixed fruit cup **26**

Banana Bread
Fruit Juice **27**

Chocolate Chip Muffin
1% white milk **28**

Gripz Graham crackers
Fruit Juice **29**

Announcements

Meal Prices

\$.95