Cold Snack Meals

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **1**  **Chicken Drumstick – 1 each**  **WG Cheeze-Its – 1 each**  **Banana – 1 each**  **!00% Juice—4.23 fl. oz.** | **2**  **Salad Kit**  **WG Crackers – 1 oz.**  **!00% Juice—4.23 fl. oz.**  **Skim Milk—8 fl. oz.** | **3**  **Bagel – 1 oz.**  **Cream Cheese—4 oz.**  **!00% Juice—4.23 fl. oz.**  **Clementine – 1 each**  **Skim Milk—8 fl. oz.** | **4**  **Lunchable – 1 each**  **!00% Juice—4.23 fl. oz.**  **Skim Milk—8 fl. oz.** |
| **7**  **Chicken Nuggets – 4 each**  **w/ BBQ Sauce**  **WG Goldfish – 1 oz.**  **Apple – 1 each**  **!00% Juice—4.23 fl. oz.** | **8**  **Granola Bar – 1 each**  **Yogurt – 4 oz.**  **Clementine - 1 each (FR)**  **!00% Juice—4.23 fl. oz.** | **9**  **Chicken Salad – 3 oz.**  **WG Crackers – 2 each**  **Banana – 1 each (FR)**  **!00% Juice—4.23 fl. oz.**  **.** | |  |  | | --- | --- | | **10**  **WG Taquitos – 2 each**  **w/ Nacho Cheese**  **Grapes/Berries – ½ cup**  **!00% Juice—4.23 fl. oz.** | **6**  **Meatball Sub—2 oz.**  **WG Bun—1 each**  **Broccoli & Cheese—1/2 cup (FZ)**  **Pineapple – 4 oz. (FR)**  **Skim Milk—8 fl. oz.** | | |  |  | | --- | --- | | **11**  **Lunchable – 1 each**  **Pineapple Cup – 1 each**  **!00% Juice—4.23 fl. oz.** | **6**  **Meatball Sub—2 oz.**  **WG Bun—1 each**  **Broccoli & Cheese—1/2 cup (FZ)**  **Pineapple – 4 oz. (FR)**  **Skim Milk—8 fl. oz.** | |
| **14**  **Mini Corndogs – 4 each**  **WG Cheezeits – 1 oz.**  **Clementine – 1 each**  **!00% Juice—4.23 fl. oz.** | **15**  **Pizza – 1 each**  **WG Pretzels – 1 oz.**  **Grapes/Berries – ½ cup (FR)**  **!00% Juice—4.23 fl. oz.** | **16**  **Salad w/ Ranch**  **Turkey/ Cheese – 3 oz.**  **Mixed Salad – 1 cup**  **Banana – 1 each**  **!00% Juice—4.23 fl. oz.** | **17**  **Grilled Chicken Sandwich**  **w/ BBQ Sauce**  **Grilled Chicken – 3 oz.**  **WG Bun – 1 each**  **WG Goldfish – 1 oz.**  **Apple – 1 each**  **!00% Juice—4.23 fl. oz.** | **18**  **Lunchable - 1 each**  **Nectarine – 1 each**  **!00% Juice—4.23 fl. oz.** |
| **21**  **Chicken Nuggets**  **w/ BBQ Sauce**  **WG Goldfish – 1 oz.**  **Apple – 1 each**  **!00% Juice—4.23 fl. oz.** | **22**  **Bagel w/ Cream Cheese – 1 each**  **Yogurt – 4 oz.**  **Grapes/Berries – ½ cup (FR)**  **!00% Juice—4.23 fl. oz.** | **23**  **Turkey & Cheese Sandwich**  **Turkey & Cheese – 3 oz.**  **WG Bread – 2 each**  **Clementine – 1 each**  **!00% Juice—4.23 fl. oz.** | **24**  **Pancake Wraps – 4 each**  **w/ syrup**  **WG Muffin – 1 each**  **Grapes/Berries – ½ cup (FR)**  **!00% Juice—4.23 fl. oz.** | **25**  **Lunchable – 1 each**  **Pineapple Cup – 1 each**  **!00% Juice—4.23 fl. oz.** |
| **28**  **Mini Corndogs – 4 each**  **WG Cheezeits – 1 oz.**  **Clementine – 1 each**  **!00% Juice—4.23 fl. oz.** | **29**  **Pizza – 1 each**  **WG Pretzels – 1 oz.**  **Grapes/Berries – ½ cup**  **!00% Juice—4.23 fl. oz.** | **30**  **Nachos**  **Nacho Cheese – 2 oz.**  **Salsa – 2 oz.**  **WG Tortilla Chips – 1 oz.**  **Nectarine – 1 each (FR)**  **!00% Juice—4.23 fl. oz.** | **1**  **Turkey Wrap**  **Turkey & Cheese - 3 oz**  **WG Tortilla – 1 each**  **WG Goldfish – 1 oz.**  **Apple – 1 each (FR)**  **!00% Juice—4.23 fl. oz.** | **2**  **Lunchable – 1 each**  **Mandarin Orange Cup – 1 ea.**  **!00% Juice—4.23 fl. oz.** |