

APRIL 2022

Escambia Christian School

SNACK MENU



School Information: ALL MEALS ARE SERVED WITH 1% WHITE MILK, FAT FREE CHOCOLATE MILK OR WATER.



Nutrition Tip: Make fruit more appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



GOLDFISH ORANGES **1**

TEDDY GRAHAM APPLES **4**

CHEESE-ITS GRAPES **5**

STRING CHEESE CRACKERS **6**

POP TARTS ORANGES **7**

GOLDFISH APPLES **8**

NUTRI GRAIN BAR STRAWBERRIES **11**

GRAHAM CRACKERS YOGURT **12**

GOLDFISH APPLES **13**

CHEWY GRANOLA BAR GRAPES **14**

POP TARTS ORANGES **15**

CARROTS/RANCH SUN CHIPS **18**

CHEESE-ITS GRAPES **19**

GOLDFISH STRINGS CHEESE **20**

POP TARTS ORANGES **21**

(WG) CRACKERS STRING CHEESE **22**

NUTRI GRAIN BAR PEAR **25**

TEDDY GRAHAM APPLES **26**

POP TARTS PEAR **27**

CHEESE-ITS APPLE **28**

GOLDFISH ORANGES **29**