

CACFP Super Snack Menu February 2023



WGR = Whole Grain Rich

SITE:	CACFP Super Snack Menu February 2023				WGR = Whole Grain Rich
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>All super snacks are served with 8oz of either 1% unflavored or skim flavored milk</p>		<p>3oz Ranch Chicken Salad 1/2C Carrots Sticks 1/4C Pears WGR Soft Pretzel</p>	<p>0.75oz Peanut Butter Cup (1) 1.2oz Roasted Sunflower Seeds 1/4 C Celery Sticks (1) 1/4C Broccoli 1.33oz Craisins 0.75oz WGR Cheez-Its Ranch</p>	<p>0.75oz Roasted Chickpeas 1oz String Cheese (1) 1/2C Broccoli 0.9oz WGR Cinnamon Goldfish 1/4C Applesauce</p>	
<p>1 oz String Cheese (2) 1/2C Dragon Punch Fresh Seasonal Fruit 1oz WGR Jungle Cracker</p>	<p>0.75oz Roasted Chickpeas 1oz String Cheese 1/2C Cucumbers 1/4C Peaches 0.875 oz WGR Scoops</p>	<p>3oz Buffalo Chicken Salad 1/2C Broccoli 1/4C Carrots WGR Slider Roll</p>	<p>4oz Yogurt (Raspberry, Cherry, Strawberry, or Vanilla) 1.2oz Roasted Sunflower Seeds 1/2C Fresh Carrots 1.33oz Craisins 1oz WGR Belly Bears Ranch</p>	<p>0.75oz Peanut Butter Cup (1) 1oz String Cheese (1) 1/4C Celery Sticks (1) 1/4C Carrots 4oz Fruit Juice WGR Mini Raspberry Bread</p>	
<p>4oz Yogurt (Raspberry, Cherry, Strawberry, or Vanilla) Hard Boiled Egg 1/2C Broccoli & Cauliflower 1/4C Pineapple 1oz WGR Jungle Crackers</p>	<p>PB&J Munchable 0.75 oz Peanut Butter & Jelly 1oz String Cheese (1) 1/2C Carrots Sticks Fresh Seasonal Fruit 2 Pack of Graham Crackers (2) Ranch</p>	<p>1oz String Cheese 1.2oz Roasted Sunflower Seeds 1/2C Salsa Cup 1/4C Corn & Black Beans 0.875oz WGR Scoops</p>	<p>3oz Ranch Chicken Salad 1/2C Carrots Sticks 1/4C Pears WGR Soft Pretzel</p>	<p>0.75oz Peanut Butter Cup (1) 1.2oz Roasted Sunflower Seeds 1/4 C Celery Sticks (1) 1/4C Broccoli 1.33oz Craisins 0.75oz WGR Cheez-Its Ranch</p>	
<p>0.75oz Peanut Butter Cups (2) 1/2C Cucumber Slices Fresh Apple 1oz WGR Sunchips</p>	<p>1 oz String Cheese (2) 1/2C Dragon Punch Fresh Seasonal Fruit 1oz WGR Jungle Cracker</p>	<p>0.75 oz Roasted Chickpeas 1oz String Cheese 1/2C Cucumbers 1/4C Peaches 0.875 oz WGR Scoops</p>	<p>3oz Buffalo Chicken Salad 1/2C Broccoli 1/4C Carrots WGR Slider Roll</p>	<p>4oz Yogurt (Raspberry, Cherry, Strawberry, or Vanilla) 1.2oz Roasted Sunflower Seeds 1/2C Carrots 1.33oz Craisins 1oz WGR Belly Bears Ranch</p>	
<p>3oz Buffalo Chicken Salad 1/2C Cherry Tomatoes 1.33oz Raisins 0.875 oz WGR Scoops Ranch</p>	<p>4oz Yogurt (Raspberry, Cherry, Strawberry, or Vanilla) Hard Boiled Egg 1/2C Broccoli & Cauliflower 1/4C Pineapple 1oz WGR Jungle Crackers</p>				