

# September 2020 Snack MENU

All meals prepared  
by iCookCafe:

[www.icookcafe.com](http://www.icookcafe.com)



## Available Daily SNACK

Every complete meal served  
comes with choice of entrée,  
fresh fruit or other daily  
options and choice of  
1% or non-fat white milk.



Check out CA Grown produce  
each month on the menu  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

September  
HARVEST OF THE MONTH  
**Corn**

### Did you know?

A ½ cup of white or yellow corn  
provides a good source of folate and  
thiamin, and many other vitamins,  
including vitamin C.



**S:** Made from Scratch, **WG:** Whole Grain, **V:** Vegetarian

# September Snack Menu: *Featured Daily Specials*

## WEEK 1

Tuesday, September 1<sup>st</sup>

Mini Muffin (WG)

Wednesday, September 2<sup>nd</sup>

Animal Crackers (WG)

Thursday, September 3<sup>rd</sup>

Cheese Crackers (WG)

Friday, September 4<sup>th</sup>

NutriGrain Bar (WG)

## WEEK 2

Monday, September 7<sup>th</sup>

Pop tart 1 (WG)

Tuesday, September 8<sup>th</sup>

Chex Mix (WG)

Wednesday, September 9<sup>th</sup>

Half Sandwich (WG)

Thursday, September 10<sup>th</sup>

Goldfish Crackers (WG)

Friday, September 11<sup>th</sup>

Ritz Crackers (WG)

## WEEK 3

Monday, September 14<sup>th</sup>

Popcorn (WG)

Tuesday, September 15<sup>th</sup>

Sting Cheese

Wednesday, September 16<sup>th</sup>

Ham and Cheese Cubes (WG)

Thursday, September 17<sup>th</sup>

Pita Chips (WG)

Friday, September 18<sup>th</sup>

Trail Mix (WG)

## WEEK 4

Monday, September 21<sup>st</sup>

String Cheese (WG)

Tuesday, September 22<sup>nd</sup>

Triscuits (WG)

Wednesday, September 23<sup>rd</sup>

Pretzels (WG)

Thursday, September 24<sup>th</sup>

Pizza Bagels (WG)

Friday, September 25<sup>th</sup>

Ritz Crackers (WG)

## WEEK 5

Monday, September 28<sup>th</sup>

Raisins (WG)

Tuesday, September 29<sup>th</sup>

Tortilla Chips (WG)

Wednesday, September 30<sup>th</sup>

Graham Crackers (WG)