



December 2018 Mid-Morning Snack Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
3 2oz Blueberry Muffin 4oz Mandarin Oranges	4 1oz Cinnamon Chex 1oz Cheesestick	5 75oz WG Cheddar Goldfish 4oz Applesauce	6 4oz Vanilla Yogurt 1oz Granola	7 1.2oz WG Breadstick 2.5oz Marinara Cup
10 4oz Strawberry Banana Yogurt 1oz Granola	11 .75oz WG Cheddar Goldfish 4oz Applesauce	12 1.2oz WG Breadstick 2.5oz Marinara Cup	13 1oz Cinnamon Chex 1oz Cheesestick	14 1oz Animal Crackers 4oz Pineapple Tidbits
17 1.2oz WG Breadstick 2.5oz Marinara Cup	18 4oz Strawberry Yogurt 1oz Granola	19 1oz Animal Crackers 4oz Pineapple Tidbits	20 .75oz WG Pretzel Goldfish 4oz Applesauce	21 2oz Blueberry Muffin 4oz Mandarin Oranges Half Day for Students
24 <i>Happy Holidays!</i>  Winter Break No School 31	25 <i>Happy Holidays!</i>  Winter Break No School	26 <i>Happy Holidays!</i>  Winter Break No School	27 <i>Happy Holidays!</i>  Winter Break No School	28 <i>Happy Holidays!</i>  Winter Break No School



Snacks can be an important part of your diet. They can provide energy in the middle of the day or when you exercise. A healthy **snack** between meals can also decrease your hunger and keep **you** from overeating at meal time.

**Nutrition Services
Charleston County
School District**

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www.ccsdschools.com

Charleston County SCHOOL DISTRICT
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