



March 2022 Snack Menu



Yreka Union School District

Snack tip: Snacks like potato chips may be tasty, but they are not so healthy and won't keep you full! If you're craving something savory, try having whole grain crackers with your favorite bean dip and cheese.



All grains offered on our menus are whole grain rich!
The serving size for our grain items at snack are 1 oz equivalent.
The serving size for our fruit and juice are 3/4 cup.
Cheese and Sunflower seeds are 1 oz.

Menu subject to change.

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 String Cheese Stick 100% Apple Juice, Snack	2 MJM Grahams & Milk	3 Cheddar Cheez-Its 100% Fruit Juice	4 MJM Grahams & Milk
7 MJM Grahams & Milk	8 String Cheese Stick Savory Herb Crackers	9 MJM Grahams & Milk	10 Chex Mix 100% Fruit Juice	11 MJM Grahams & Milk
14 MJM Grahams & Milk	15 String Cheese Stick 100% Apple Juice, Snack	16 MJM Grahams & Milk	17 Cheddar Cheez-Its 100% Fruit Juice	18 MJM Grahams & Milk
21 MJM Grahams & Milk	22 String Cheese Stick Savory Herb Crackers	23 MJM Grahams & Milk	24 Chex Mix 100% Fruit Juice	25 MJM Grahams & Milk
28 MJM Grahams & Milk	29 String Cheese Stick 100% Apple Juice, Snack	30 MJM Grahams & Milk	31 Cheddar Cheez-Its 100% Fruit Juice	

ST. PATRICK'S DAY