Sci High January Snack & Supper Menu



The following are served daily: Fruit choices include: Apples, Bananas, Oranges, Seasonal Options. Milk Choices include: 1% Plain, Non-Fat Plain, Non-Fat Flavored.

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9	10	11	12	13
-Snack-	-Snack-	-Snack-	-Snack-	
String Cheese	Goldfish	Graham Snacks	Cheez-Its	
Fruit	Carrot Sticks w/ Ranch	Fruit	Celery Sticks w/ Ranch	
-Supper-	-Supper-	-Supper-	-Supper-	
Turkey & Cheese Sandwich	Crispy Chicken Wrap	Bacon Chicken Wrap	Ham & Cheese Sandwich	
Carrot Sticks	Broccoli Florets	Celery Sticks	Cherry Tomatoes	
Fruit Choice	Fruit Choice	Fruit Choice	Fruit Choice	
Milk Choice	Milk Choice	Milk Choice	Milk Choice	
16	17	18	19	20
-Snack-	-Snack-	-Snack-	-Snack-	
String Cheese	Goldfish	Graham Snacks	Cheez-Its	
Fruit	Carrot Sticks w/ Ranch	Fruit	Celery Sticks w/ Ranch	
Trait	Carrot Clicks W/ Nation	Trait	Ociciy Guoks W/ Randii	
-Supper-	-Supper-	-Supper-	-Supper-	
Chicken Salad w/ Crackers	Turkey & Bacon Wrap	Buffalo Chicken Wrap	Pasta Salad	
Carrot Sticks	Cherry Tomtatoes	Broccoli Florets	Fruit Choice	
Fruit Choice	Fruit Choice	Fruit Choice	Milk Choice	
Milk Choice	Milk Choice	Milk Choice	Wilk Choice	
23	24	25	26	27
	' .			- -
	-Snack-	-Snack-	-Snack-	
	Goldfish	-Snack- Graham Snacks	-Snack- Cheez-Its	
NO SCHOOL		-Snack-	-Snack-	
NO SCHOOL	Goldfish Carrot Sticks w/ Ranch	-Snack- Graham Snacks Fruit	-Snack- Cheez-Its Celery Sticks w/ Ranch	
NO SCHOOL	Goldfish Carrot Sticks w/ Ranch -Supper-	-Snack- Graham Snacks Fruit -Supper-	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper-	-
NO SCHOOL	Goldfish Carrot Sticks w/ Ranch -Supper- Crispy Chicken Wrap	-Snack- Graham Snacks Fruit -Supper- Pasta Salad	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Caesar Salad	-
NO SCHOOL	Goldfish Carrot Sticks w/ Ranch -Supper- Crispy Chicken Wrap Cherry Tomtatoes	-Snack- Graham Snacks Fruit -Supper- Pasta Salad Fruit Choice	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Caesar Salad Crackers	-
NO SCHOOL	Goldfish Carrot Sticks w/ Ranch -Supper- Crispy Chicken Wrap	-Snack- Graham Snacks Fruit -Supper- Pasta Salad	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Caesar Salad Crackers Fruit Choice	-
	Goldfish Carrot Sticks w/ Ranch -Supper- Crispy Chicken Wrap Cherry Tomtatoes Fruit Choice	-Snack- Graham Snacks Fruit -Supper- Pasta Salad Fruit Choice Milk Choice	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Caesar Salad Crackers Fruit Choice Milk Choice	
2	Goldfish Carrot Sticks w/ Ranch -Supper- Crispy Chicken Wrap Cherry Tomtatoes Fruit Choice Milk Choice	-Snack- Graham Snacks Fruit -Supper- Pasta Salad Fruit Choice Milk Choice	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Caesar Salad Crackers Fruit Choice Milk Choice	6
2 -Snack-	Goldfish Carrot Sticks w/ Ranch -Supper- Crispy Chicken Wrap Cherry Tomtatoes Fruit Choice Milk Choice 3 -Snack-	-Snack- Graham Snacks Fruit -Supper- Pasta Salad Fruit Choice Milk Choice	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Caesar Salad Crackers Fruit Choice Milk Choice 5 -Snack-	
2 -Snack- String Cheese	Goldfish Carrot Sticks w/ Ranch -Supper- Crispy Chicken Wrap Cherry Tomtatoes Fruit Choice Milk Choice 3 -Snack- Goldfish	-Snack- Graham Snacks Fruit -Supper- Pasta Salad Fruit Choice Milk Choice 4 -Snack- Graham Snacks	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Caesar Salad Crackers Fruit Choice Milk Choice 5 -Snack- Cheez-Its	
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2 -Snack- String Cheese Fruit -Supper- Ham & Cheese Sandwich	Goldfish Carrot Sticks w/ Ranch -Supper- Crispy Chicken Wrap Cherry Tomtatoes Fruit Choice Milk Choice 3 -Snack- Goldfish Carrot Sticks w/ Ranch -Supper-	-Snack- Graham Snacks Fruit -Supper- Pasta Salad Fruit Choice Milk Choice 4 -Snack- Graham Snacks Fruit -Supper- Chicken Ceasar Salad Wrap	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Caesar Salad Crackers Fruit Choice Milk Choice 5 -Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Salad w/ Crackers	
2 -Snack- String Cheese Fruit -Supper- Ham & Cheese Sandwich Cherry Tomatoes	Goldfish Carrot Sticks w/ Ranch -Supper- Crispy Chicken Wrap Cherry Tomtatoes Fruit Choice Milk Choice 3 -Snack- Goldfish Carrot Sticks w/ Ranch -Supper- Bacon Chicken Wrap	-Snack- Graham Snacks Fruit -Supper- Pasta Salad Fruit Choice Milk Choice 4 -Snack- Graham Snacks Fruit -Supper- Chicken Ceasar Salad Wrap Carrot Sticks	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Caesar Salad Crackers Fruit Choice Milk Choice 5 -Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Salad w/ Crackers Carrot Sticks	
2 -Snack- String Cheese Fruit -Supper- Ham & Cheese Sandwich	Goldfish Carrot Sticks w/ Ranch -Supper- Crispy Chicken Wrap Cherry Tomtatoes Fruit Choice Milk Choice 3 -Snack- Goldfish Carrot Sticks w/ Ranch -Supper- Bacon Chicken Wrap Celery Sticks	-Snack- Graham Snacks Fruit -Supper- Pasta Salad Fruit Choice Milk Choice 4 -Snack- Graham Snacks Fruit -Supper- Chicken Ceasar Salad Wrap	-Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Caesar Salad Crackers Fruit Choice Milk Choice 5 -Snack- Cheez-Its Celery Sticks w/ Ranch -Supper- Chicken Salad w/ Crackers	

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