



**ELO/Latchkey/PreK Snack Cycle  
Monthly Menu SY2017-18**

Monday	Tuesday	Wednesday	Thursday	Friday
Graham Snacks  Milk 8 oz.	Pretzels  Milk 8 oz.	Corn Chips  Milk 8 oz.	Cheez-its  Milk 8 oz.	Nutrition Crackers  Milk 8 oz.
Corn Chips  Milk 8 oz.	Graham Snacks  Milk 8 oz.	Pretzels  Milk 8 oz.	Nutrition Crackers  Milk 8 oz.	Cheez-its  Milk 8 oz.
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Cheez-its  Milk 8 oz.	Nutrition Crackers  Milk 8 oz.	Corn Chips  Milk 8 oz.	Graham Snacks  Milk 8 oz.	Pretzels  Milk 8 oz.

**Serving Size/Carbohydrate grams/Allergens:**

Cheez-its: 0.75 oz. pkg. /14 grams/Wheat, Milk, and Soy

Chocolate Non-fat Milk: 8 oz. carton/24 grams/Milk, Corn Syrup, and Cocoa

Corn Chips: 1 oz. pkg. /15 grams/Corn

Graham Snacks: 1.06 oz. pkg. /22 grams/Wheat, Soy, Milk, Cinnamon

100% Fruit juice (apple/orange): 4 oz. cup/14 grams

Nutrition Crackers: 1 oz. pkg. / 22 grams/Milk, Wheat, Sunflower, Egg, Honey

Pretzels: 0.9 oz. pkg. /20 grams/Wheat and Malt

White 1% Milk: 8 oz. carton/13 grams/Milk

**\*Menu items are subject to change.**

**ELO/Latchkey programs – provide 2 juices as a substitution for milk intolerance.**

**Preschool – provide water as a substitute for milk intolerance.**

This institution is an equal opportunity provider.

Revised 6/28/2017