

March 2020

General Snack Menu

Central City Cyberschool

Nutrition tip: Pineapples are high in Vitamin C, B Vitamins, minerals and antioxidants that can help boost overall health!

Reference: www.medicalnewstoday.com

Monday

Tuesday

Wednesday

Thursday

Friday

Whole Grain Cheddar Goldfish
String Cheese

Whole Grain Pretzel Goldfish
Yogurt

Whole Grain Muffin
Milk

Half Turkey and Cheese Sandwich
on Whole Wheat Bread

School Closed
No Student
Attendance

School Closed
No Student/Staff
Attendance

Whole Grain Muffin
String Cheese

WG Graham Cracker
Yogurt

Whole Grain Cheez-Its
Canned Mixed Fruit (3/4 cup)

Whole Grain Cereal
Milk

Whole Grain Cheddar Goldfish
Milk

Whole Grain Pretzel Goldfish
Yogurt

Whole Grain Muffin
Milk

Half Turkey and Cheese Sandwich
On Whole Wheat Bread

WG Graham Cracker
Fresh Orange Wedges (6)

Spring Recess
No Student/Staff
Attendance

Spring Recess
No Student/Staff
Attendance

Spring Recess
No Student/Staff
Attendance

Spring Recess
No Student/Staff
Attendance

Spring Recess
No Student/Staff
Attendance

Whole Grain Cheddar Goldfish
String Cheese

Whole Grain Pretzel Goldfish
Yogurt