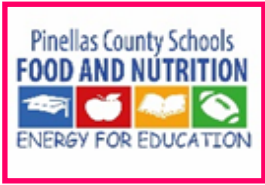


September 2024 St. Pete Rec • Pre-K Snack Menu



Fun Fact!

- Snap Beans**
- Snap beans can be green, yellow, purple, speckled, and more
 - Green beans have a high level of vitamin K.
 - After tomatoes and peppers, green beans are the third most common home-garden vegetable

Cold Cereal Variety

May contain no more than 6 grams of sugar:

- Cheerios
- Cinnamon Chex
- Cinnamon Toast Crunch
- Marshmallow Matey's

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Cold Cereal Variety (WG)</p> <p>Unflavored 1% Low-Fat Milk</p>	<p>3</p> <p>Cheez-It's Baked Crackers (WG)</p> <p>Apple Juice</p>	<p>4</p> <p>Belly Bear Chocolate Grahams (WG)</p> <p>Tropical Fruit Juice</p>	<p>5</p> <p>Goldfish Cheddar Crackers (WG)</p> <p>Apple Juice</p>	<p>6</p> <p>Keebler Graham Crackers (WG)</p> <p>Tropical Fruit Juice</p>
<p>9</p> <p>Cold Cereal Variety (WG)</p> <p>Unflavored 1% Low-Fat Milk</p>	<p>10</p> <p>Keebler Animal Crackers (WG)</p> <p>Apple Juice</p>	<p>11</p> <p>Blueberry Muffin Flat (WG)</p> <p>Tropical Fruit Juice</p>	<p>12</p> <p>Goldfish Cheddar Crackers (WG)</p> <p>Apple Juice</p>	<p>13</p> <p>Belly Bear Chocolate Grahams (WG)</p> <p>Tropical Fruit Juice</p>
<p>16</p> <p>Cold Cereal Variety (WG)</p> <p>Unflavored 1% Low-Fat Milk</p>	<p>17</p> <p>Goldfish Cheddar Crackers (WG)</p> <p>Apple Juice</p>	<p>18</p> <p>Scooby Doo Cinnamon Graham (WG)</p> <p>Tropical Fruit Juice</p>	<p>19</p> <p>Keebler Graham Crackers (WG)</p> <p>Apple Juice</p>	<p>20</p> <p>Saltine Crackers (WG) String Cheese Stick</p> <p>Tropical Fruit Juice</p>
<p>23</p> <p>Cold Cereal Variety</p> <p>May contain no more than 6 grams of sugar:</p> <ul style="list-style-type: none"> • Cheerios • Cinnamon Chex • Cinnamon Toast Crunch • Marshmallow Matey's 	<p>24</p> <p>Cheez-It's Baked Crackers (WG)</p> <p>Apple Juice</p>	<p>25</p> <p>Belly Bear Chocolate Grahams (WG)</p> <p>Tropical Fruit Juice</p>	<p>26</p> <p>Goldfish Cheddar Crackers (WG)</p> <p>Apple Juice</p>	<p>27</p> <p>Keebler Graham Crackers (WG)</p> <p>Tropical Fruit Juice</p>
<p>30</p> <p>Cold Cereal Variety (WG)</p> <p>Unflavored 1% Low-Fat Milk</p>				<p>Menus are subject to change!</p> <p>We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p>

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