

ASSP Menu

Cycle Week 1

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
	CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
M50348	Cheddar Goldfish Crackers	14	1	M51830	Applesauce	21	3	M52577	Apple Cinnamon Muffin	30	2	M54379	Graham Crackers	16	1	M51665	Fresh Apple Wedges	13	2
M53465	1% Milk	12	0	M50349	Pretzel Goldfish Crackers	16	1	M52695	String Cheese	1	0	M50791	Raspberry Yogurt	15	0	M51259	Cheez-It Crackers	14	1

Cycle Week 2

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
	CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
M51267	Blueberry Muffin	31	2	M53025	Baby Carrots	9	3	M51259	Cheez-It Crackers	14	1	M50791	Raspberry Yogurt	15	0	M50349	Pretzel Goldfish Crackers	16	1
M53465	1% Milk	12	0	M53113	Ranch Dressing	2	0	M53465	1% Milk	12	0	M54379	Graham Crackers	16	1	M52695	String Cheese	1	0
				M52170	Saltines	14	2												

Cycle Week 3

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
	CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
M52577	Apple Cinnamon Muffin	30	2	M54379	Graham Crackers	16	1	M50349	Pretzel Goldfish Crackers	16	1	M53345	Sunbutter & Jelly Sandwich	35	5	M52830	Fresh Broccoli	3	1
M53465	1% Milk	12	0	M52289	Pears	21	3	M50791	Raspberry Yogurt	15	0					M53113	Ranch Dressing	2	0
																M51994	Colby Jack Cheese Stick	0	0

Cycle Week 4

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
	CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
M50791	Raspberry Yogurt	15	0	M50983	Orange Juice 6oz	20	0	M54379	Graham Crackers	16	1	M51994	Colby Jack Cheese Stick	0	0	M53025	Baby Carrots	9	3
M54379	Graham Crackers	16	1	M50348	Cheddar Goldfish Crackers	14	1	M51830	Applesauce	21	3	M52170	Saltines	14	2	M53113	Ranch Dressing	2	0
																M51408	Mini Baked Pretzel	14	1

Cycle Week 5

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
	CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
M51266	Banana Muffin	31	2	M54379	Graham Crackers	16	1	M53027	Cucumber Slices	4	1	M51994	Colby Jack Cheese Stick	0	0	M51408	Mini Baked Pretzel	14	1
M53465	1% Milk	12	0	M53094	Fresh Orange Wedges	18	4	M53113	Ranch Dressing	2	0	M52170	Saltines	14	2	M51830	Applesauce	21	3
								M51259	Cheez-It Crackers	14	1								