

February 2019 ~ SOQUEL Snack Menu

Mon	Tue	Wed	Thu	Fri
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				Chicken taquitos with black beans and salsa
4	5	6	7	8
Pancakes with mixed berries and maple syrup	Apple sauce with graham crackers and string cheese	Hummus with pita chips and carrots	Yogurt with mixed berries, graham crackers, and honey	Veggie Chili with tortilla chips, shredded cheese, and carrots
11	Kinder Mini Day 12	Kinder Mini Day 13	Kinder Mini Day 14	15
School Closed Full Day @ SOQ	Berry bowls with granola and sliced bananas	Turkey with crackers, cheese, and fruit	Grilled cheese with oranges	Chicken salad with crackers and pickles
18	19	20	21	22
School & CKC Closed	Whole grain cheerios with milk and fruit	Bagels with cream cheese and oranges	Apples, string cheese, and pretzels	Spaghetti with tomato sauce, parmesan cheese, and carrots
25	26	Mini Day 27	Mini Day 28	March 1
Whole wheat bread with sunflower butter, jam, and apples	Salami with crackers, sliced cheese, and carrots	Bean and cheese burritos with salsa and bell peppers	Brown rice with edamame, pineapple, and soy sauce	Nachos: tortilla chips, black beans, cheese, salsa

Menus subject to change—Please check on-site menu for changes