

May & June 2019 ~ SOQUEL Snack Menu

Mon	Tue	Wed	Thu	Fri
April 29	30	May 1	2	3
Whole wheat bread with sun butter, strawberry jam, and apples	Berry smoothies with graham crackers and string cheese	Bean and cheese burritos with salsa and bell peppers	Apple sauce with rice rollers and string cheese	Veggie Chili with tortilla chips, shredded cheese, and carrots
6	7	*8	9	10
Pancakes with mixed berries, and maple syrup	Hummus with pita chips and bell peppers	Grilled cheese sandwiches with oranges	Turkey with bread rolls, condiments, sliced cheese, and cucumbers	Tacos: tortillas, ground turkey, refried beans, salsa, corn, cheese
13	14	15	16	17
English muffins with strawberry jam, sun butter, and apples	Burrito bowls: brown rice, black beans, salsa, and shredded cheese	Apples, string cheese, and pretzels	Yogurt with mixed berries, graham crackers, and honey	Chicken salad with crackers and pickles
20	21	*22	23	24
Salami with crackers, sliced cheese, and carrots	Apple sauce with rice rollers and string cheese	Bagels with cream cheese and oranges	Brown rice with edamame, seaweed, and soy sauce	Spaghetti with tomato sauce, parmesan cheese, and carrots
CKC CLOSED 27	28	29	30	31
Memorial Day	Mixed berry smoothie cups with granola and sliced bananas	Chicken taquitos with black beans and salsa	Whole wheat bread with sunflower butter, jam, and apples	Turkey dogs with condiments and carrots with ranch
June 3	4	5	6	Last Day of School! 7
Quesadillas with black beans and salsa	Hummus with pretzel crackers and carrots	Pancakes with mixed berries and maple syrup	Animal crackers with pears and string cheese	Snack Buffet! Popcorn & string cheese with a treat ☺

*Snack menu subject to change depending on availability, substitutions will be made within the ingredients listed on this menu.

* Fresh fruit to include one or more of the following: apples, oranges, bananas, melon, cuties, grapes, berries, pears, and kiwis.