



Dolton School District 149  
Pre-K Snack Menu

FEBRUARY 2012



Monday

FOOD FOR THOUGHT:

**MANGOES**

Mangos are a good source of vitamin C which helps to keep you healthy.



Tuesday

Wednesday 1

Vanilla Pudding  
Cups  
Teddy Graham  
Crackers  
Milk

Thursday 2

Strawberry  
banana parfait  
blend  
Milk

Friday 3

Fresh Apple  
Cheese Stick  
100% Juice

6

Cheddar Cheese  
Chex Mix  
100% Juice

7

Ritz Cheese  
Crackers Bites  
1% Milk

8

Fig Newton Bar  
Fresh Apple  
100% Juice

9

Teddy Graham's  
100% Juice

10

Oatmeal Bar  
8oz Water

13

Apple Cinnamon  
Nutri-Grain  
Bar  
1% Milk

14

Bosco Stick  
Marinara Sauce  
100% Juice

15

Strawberry  
Poptart  
1% Milk

16

Carrot sticks w/  
ranch dressing  
Graham crackers  
8oz water

17

Strawberry  
Yogurt Parfait  
100% Juice

20

Rice Krispies  
1% Milk

21

Banana Half  
Graham  
Crackers  
100% Juice

22

Ritz Crackers  
Mozzarella Stick

23

Raisin Bread  
w/ Honey  
1% Milk

24

Fig Newton Bar  
Fresh Apple  
8oz water

27

Vanilla Pudding  
Cups  
Teddy Graham  
Crackers  
1% Milk

28

Fresh Apple  
Cheese Stick  
100% Juice

29

Cornbread w/  
butter cup  
1% Milk

American Heart Month

National Pancake  
Week Feb 13 - 19



**BREAKFAST:**  
*Giving ENERGY  
to your body and mind!*



We welcome your questions and comments.  
Please email the Food Service Director at  
Dolton@Aviands.com or call 708-868-7573

**A'viands**  
FOOD & SERVICES MANAGEMENT

This institution is an equal opportunity provider.