

JUNE SNACKS



RICHMOND PUBLIC SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
May 31, 2021	June 1, 2021	June 2, 2021	June 3, 2021	June 4, 2021
	Fritos ^ Tropical Veggie Juice	Graham Crackers ^ Orange Juice	Cheddar Goldfish Crackers ^ Grape Juice	Pretzels ^ Blended Fruit Juice
June 7, 2021	June 8, 2021	June 9, 2021	June 10, 2021	June 11, 2021
Ranch SPIKERZ Cracker Bites ^ Orange Juice	Honey Roasted Sunflower Seeds Blended Fruit Juice	Mozzarella Cheese Stick Mixed Fruit Cup	Multi Grain Sun Chips ^ Grape Juice	Crispy Granola Bites ^ Tropical Veggie Juice
June 14, 2021	June 15, 2021	June 16, 2021	June 17, 2021	June 18, 2021
Mozzarella Cheese Stick Peach Cup	Mixed Berry Animal Crackers ^ Orange Juice	Pretzels ^ Apple Juice	Blueberry Mini Muffin ^ Blended Fruit Juice	Graham Crackers ^ Grape Juice
June 21, 2021	June 22, 2021	June 23, 2021	June 24, 2021	June 25, 2021
June 28, 2021	June 29, 2021	June 30, 2021	July 1, 2021	July 2, 2021

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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Nutritional Information: RICHMOND PUBLIC SCHOOLS

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
06-01-2021	Fritos ^	120	8	1	0	0	125	12	0	0	1	0	0	20	0	G/B:1sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT
06-02-2021	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Orange Juice	80	0	0	0	0	20	20	0	18	1	0	42	0	0	F:3/4c BW-PLANT
06-03-2021	Cheddar Goldfish Crackers ^	100	4	1	0	4	170	14	1	0	3	0	0	20	0	G/B:1sv WG
	Grape Juice	90	0	0	0	0	25	20	0	19	0	0	0	0	0	F:3/4c BW-PLANT
06-04-2021	Pretzels ^	80	1	0	0	0	200	16	2	0	2	0	0	30	1	G/B:1sv WG
	Blended Fruit Juice	90	0	0	0	0	20	21	0	19	0	0	0	0	0	F:3/4c BW-PLANT
06-07-2021	Ranch SPIKERZ Cracker Bites ^	100	2	0	0	0	170	16	2	1	2	0	0	60	2	G/B:1sv WG
	Orange Juice	80	0	0	0	0	20	20	0	18	1	0	42	0	0	F:3/4c BW-PLANT
06-08-2021	Honey Roasted Sunflower Seeds	162	13	1	0	0	108	9	2	5	4	0	0	20	1	MMA:1oz
	Blended Fruit Juice	90	0	0	0	0	20	21	0	19	0	0	0	0	0	F:3/4c BW-PLANT
06-09-2021	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Mixed Fruit Cup	78	0	0	0	0	7	19	2	14	3	8	5	7	0	F:3/4c BW-PLANT
06-10-2021	Multi Grain Sun Chips ^	140	6	0	0	0	110	19	2	2	2	0	0	10	1	G/B:1.25sv WG
	Grape Juice	90	0	0	0	0	25	20	0	19	0	0	0	0	0	F:3/4c BW-PLANT
06-11-2021	Crispy Granola Bites ^	120	2	0	0	0	75	22	2	6	2	0	0	17	1	G/B:1sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT

06-14-2021	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Peach Cup	82	0	0	0	0	1	20	1	18	4	0	6	2	0	F:3/4c BW-PLANT
06-15-2021	Mixed Berry Animal Crackers ^	110	4	0	0	0	60	18	2	6	2	0	0	4	1	G/B:1sv WG
	Orange Juice	80	0	0	0	0	20	20	0	18	1	0	42	0	0	F:3/4c BW-PLANT
06-16-2021	Pretzels ^	80	1	0	0	0	200	16	2	0	2	0	0	30	1	G/B:1sv WG
	Apple Juice	80	0	0	0	0	20	20	0	19	0	0	0	0	0	F:3/4c BW-PLANT
06-17-2021	Blueberry Mini Muffin ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
	Blended Fruit Juice	90	0	0	0	0	20	21	0	19	0	0	0	0	0	F:3/4c BW-PLANT
06-18-2021	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Grape Juice	90	0	0	0	0	25	20	0	19	0	0	0	0	0	F:3/4c BW-PLANT

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
 BW-HF = High Fiber Food BW-PRO = Probiotics