



# August-December 2021 Snack Menu



**Meal Account Info:**  
(925) 473-2419  
[www.pittsburg.k12.ca.us](http://www.pittsburg.k12.ca.us)

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## SCHOOL MEAL IS THE REAL DEAL - CHILD NUTRITION DEPARTMENT

Monday	Tuesday	Wednesday	Thursday	Friday
		WEEK ONE		
Whole Grain Apple Bear Graham Crackers Milk 8 oz.	Whole Grain Animal Crackers Milk 8 oz.	Nutrigrain Strawberry Bar Chocolate Milk 8 oz.	Whole Grain Savory Bites Wheat Crackers Milk 8 oz.	SunChips Cheddar 100% Fruit Juice 6 oz.
		WEEK TWO		
Scooby Doo Bones Graham Crackers Milk 8 oz.	Cheddar Chex Mix Chocolate Milk 8 oz.	Fresh Apples Mozarella Cheese Sticks Milk 8 oz.	Whole Grain Goldfish Crackers Milk 8 oz.	Yogurt Cup Gripz Graham 100% Fruit Juice 6 oz.
		WEEK THREE		
Whole Grain Vanilla Bear Graham Crackers Milk 8 oz.	Cereal Bar Milk 8 oz.	Fresh Baked Muffin Milk 8 oz.	Whole Grain Goldfish Pretzels Chocolate Milk 8 oz.	Manager's Choice 100% Fruit Juice 6 oz.
		WEEK FOUR		
Bug Bite Graham Crackers Milk 8 oz.	Educational Snacks Graham Crackers Milk 8 oz.	Whole Grain Pop Tarts Chocolate Milk 8 oz.	Cheez-Its Crackers Milk 8 oz.	Manager's Choice 100% Fruit Juice 6oz.

### Meal Pattern Requirements, Per USDA Requirements K-12

Milk - 8 oz. 1 Cup

100% Fruit Juice/Fruit – ¾ or 6 oz.

Yogurt – 4 oz.

Nuts/Seed Butter – 2 Tbsp

Grains/Bread – 1 slice or 1 Serving

Meat/Cheese/Protein – 1 oz.



**LOOK FOR THIS ICON ON YOUR DAILY MENU BOARD TO DISCOVER WHAT THE FEATURED CALIFORNIA FRESH ITEM IS!** Child Nutrition office strives to source 75% of your food from California!

**Payment for school meals may now be made online!** With **MY SCHOOL BUCKS** parents can use a credit card or checking account to make a one-time payment or to set up automatic parents payments to manage their child/children's meal accounts. There is no fee for this service. **PLEASE SCAN WITH SMART PHONE TO VISIT MY SCHOOL BUCKS**



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