



Community Academy Public Charter Schools Champions February 2012 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Jungle Crackers 1oz Apple Juice 3/4 cup	Multigrain Sun Chips 1oz Pineapple Juice 3/4 cup	Cinnamon Elf Grahams 1oz Grape Juice 3/4 cup
6	7	8	9	10
Goldfish Crackers 1oz Apple Juice 3/4cup	White Cheddar PopCorners 1.1oz Orange Juice 3/4 cup	Whole Grain Tortilla Rounds 1oz Grape Juice 3/4 cup	Mini Pretzels 1.5oz Apple Juice 3/4 oz	Cheese on Cheese Crackers .93oz Blended Fruit Juice 3/4 cup
13	14	15	16	17
Honey Belly Bears 1oz Pineapple Juice 3/4 cup	Multigrain Sun Chips 1oz Blended Fruit Juice 3/4 cup	Graham Crackers .7oz Apple Juice 3/4 cup	PopCorners 1.1 oz Grape Juice 3.4 cup	Mini Pretzels 1.5oz Apple Juice 3/4 cup
20	21	22	23	24
 Presidents Day School Closed	PopCorners 1.1 oz Apple Juice 3/4 cup	Whole Grain Tortilla Rounds 1oz Blended Fruit Juice 3/4 cup	Cheddar Goldfish Crackers 1oz Grape Juice 3/4 cup	Jungle Crackers 1oz Blended Fruit Juice 3/4 cup
27	28	29		
Cinnamon Elf Grahams 1oz Blended Fruit Juice 3.4 cup	Whole Grain Tortilla Rounds 1oz Pineapple Juice 3/4 cup	Honey Wheat Pretzels 1.5oz Orange Juice 3/4 cup		

Portion Control: Daily meals served are at least 1/4 cup per serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain
Milk Variety: 8 fluid oz flavored low-fat (1%) and unflavored fat-free (skim) fluid milk is offered to each child everyday
Water: Water is available for each child in the area where food is consumed everyday
Local Distributor: Preferred Meal Systems Inc. - 7911 Braygreen Road; Laurel, MD 20707 (301) 497-6940
Dairy Distributor: Dairy Maid - 259 East 7th Street; Fredrick, MD 21701 / Produce: Costal Sunbelt Produce - 8704 Bollman Place; Savage, MD 20763
DoD State Program: Fresh Fruit & Vegetable Program (DoD) / Local Produce (L) - CAPCS Salad Bar
Practices Sustainable Agriculture as described in the Healthy School Act: ▲ Yes or No △ / Note: Students are allowed ≥ 30 minutes to eat lunch

Preferred Meals Systems Catering
 *Menu is subject to change