



APRIL | 2018

Preschool Snack

East Cleveland City Elementary Schools

Menu

Superior Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9 Whole Grain Cheddar Goldfish 100% Fruit Juice Choice of Milk	10 Whole Grain Scooby Doo Crackers Yogurt 100% Fruit Juice Choice of Milk	11 Whole Grain Donut 100% Fruit Juice Choice of Milk 	12 Whole Grain Muffin Cheese Stick 100% Fruit Juice Choice of Milk	13 Whole Grain Bug Bites Yogurt 100% Fruit Juice Choice of Milk
16 Whole Grain Cinnamon Toast Crunch 100% Fruit Juice Choice of Milk	17 Whole Grain Vanilla Goldfish Carrot Sticks & Hummus Choice of Milk 	18 Whole Grain Chocolate Chip Gripz 100% Fruit Juice Choice of Milk	19 Whole Grain Granola Bar 100% Fruit Juice Choice of Milk 	20 Manager's Choice 100% Fruit Juice Choice of Milk
23 Whole Grain Sun chips Cheese Cup Fresh Fruit Choice of Milk	24 Whole Grain Pretzels Crackers Applesauce 100% Fruit Juice Choice of Milk	25 Whole Grain Tostitos & Salsa 100% Fruit Juice Choice of Milk	26 Whole Grain Trix 100% Fruit Juice Choice of Milk	27 Whole Grain Vanilla Goldfish Carrot Sticks & Ranch Choice of Milk
30 Whole Grain Tortilla Chips Guacamole Cup Fresh Fruit Choice of Milk 				

News

Monday April 2 – 6th 2018
No School Spring Break

Return to School April 9, 2018

Granola Bars

3 cups oats (not quick cooking)
1 -1/2 cups mixed or whatever nuts you like (cashews, peanuts, almonds, pecans)
1 cup raisins
1/2 cup coconut
1 cup craisins or other dried fruits
1/2 cup sunflower or pumpkin seeds
1 cup honey

Mix ingredients together and stir until honey coats everything. Pour into a flat cookie sheet and bake at 250 degrees stirring every 15 minutes. Continue baking for 1 hour or until golden brown.

To make into granola bars add:

3 cups granola mix
3 eggs
1 cup shredded carrots

Beat eggs and carrots together. Add in granola. Place in greased 8x8 pan and bake at 350 degrees for 15 minutes or until golden brown. Cool and cut into bars.

More granola bar recipes

This Institution is an Equal opportunity provider

Please discuss any food allergy issues concerning your child with Food Service Director @ 216-268-6645

Note: Menu is Subject to Change