



## Snack Menu 2022-2023

THE UNIVERSITY OF TEXAS AT AUSTIN

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
Fresh Mixed Berries Cheese Cubes	Broccoli Woven Wheats	Yogurt Frozen Mango	Black Bean Spread♥♣ Whole Wheat Tortillas
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
Rice Cakes Cream Cheese	Trail Mix (GF)♥ Bananas	Strawberry & Cucumber Salad♥ Pita Bread	Cottage Cheese Pineapple
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
Brown Rice Edamame	Apples with Sun Butter String Cheese	Fresh Mixed Berries Cheese Cubes	Overnight Oats♥♣ Frozen Mixed Berries
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
Avocado Dip♥ Cheese Quesadilla	Yogurt Frozen Peaches	Carrot Hummus♥♣ Pita Chips	Banana Oat Bites (GF)♥♣
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
Whole Wheat Pasta Peas Parmesan Cheese	Mandarin Oranges Rice Crackers	Green Beans Woven Wheats	Rice Cakes Cream Cheese
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
Caprese Salad♥ Toast	Sweet Potatoes Sugar Snap Peas	Macaroni & Cheese♥	Spanish Rice♥ Roasted Squash and Zucchini

Our goal is to provide organic, non-GMO, low-gluten, and whole-grain snacks as much as possible.

♥ = Homemade by Ashley      ♣ = Vegan  
 GF = Gluten Free

AUGUST				SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER				JANUARY				FEBRUARY				MARCH				APRIL			
M	T	W	TH	M	T	W	TH	M	T	W	TH	M	T	W	TH	M	T	W	TH	M	T	W	TH	M	T	W	TH	M	T	W	TH	M	T	W	TH
1	2	3	4				1	3	4	5	6		1	2	3				1	2	3	4	5		1	2	3			1	2	3	4	5	6
8	9	10	11	5	6	7	8	10	11	12	13	7	8	9	10	5	6	7	8	9	10	11	12	6	7	8	9	6	7	8	9	10	11	12	13
15	16	17	18	12	13	14	15	17	18	19	20	14	15	16	17	12	13	14	15	16	17	18	19	13	14	15	16	13	14	15	16	17	18	19	20
22	23	24	25	19	20	21	22	24	25	26	27	21	22	23	24	19	20	21	22	23	24	25	26	20	21	22	23	20	21	22	23	24	25	26	27
29	30	31		26	27	28	29	31				28	29	30		26	27	28	29	30	31			27	28			27	28	29	30				