



## Snack Menu 2023-2024

THE UNIVERSITY OF TEXAS AT AUSTIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fresh Mixed Berries Cheese Cubes	Broccoli Woven Wheats	Coconut Milk Yogurt (DF) Frozen Mango	Black Bean Spread Whole Wheat Tortillas
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Trail Mix (GF) Bananas	Strawberry & Cucumber Salad Pita Bread	Macaroni & Cheese	Herbed Bagel Bites Marinara Sauce
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Brown Rice Edamame	Apples with Sun Butter String Cheese	Fresh Mixed Berries Cheese Cubes	Overnight Oats (GF, ♥) Frozen Mixed Berries
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Avocado Dip Cheese Quesadilla	Yogurt Frozen Peaches	Carrot Hummus ♥ Pita Chips	Banana Oat Bites (GF, ♥) Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Whole Wheat Pasta Peas Parmesan Cheese	Mandarin Oranges Rice Crackers	Green Beans Woven Wheats	Rice Cakes Cream Cheese Raisins
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Caprese Salad Toast	Sweet Potatoes Sugar Snap Peas	Applesauce Granola (GF, ♥)	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  
 DF = Made with coconut milk/dairy free      GF = Gluten Free

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