

THE UNIVERSITY OF TEXAS AT AUSTIN

Snack Menu

Spring 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Bell Peppers & Herb Dip Thin Wheats	Herbed Bagel Bites Marinara Sauce	Overnight Oats (GF, ♥) Frozen Mixed Berries	Trail Mix (GF) Bananas
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Caprese Salad♥ Toast	Cucumbers Pretzel Crisps Yogurt Dipping Sauce♥	Banana Oat Bites (GF, ♥) Milk	Mashed Sweet Potatoes Sugar Snap Peas
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Apples & Sunbutter String Cheese	Black Bean Spread♥ Whole Wheat Tortillas	Strawberry & Cucumber Salad♥ Pita Bread	Broccoli Woven Wheats
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Whole Wheat Pasta Peas & Parmesan	Fresh Mixed Berries Cheese Cubes	Spanish Rice♥ Roasted Squash & Zucchini	Mandarin Oranges Rice Crackers
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Avocado Dip♥ Whole Wheat Tortillas	Carrot Hummus ♥ Pita Chips	Macaroni & Cheese♥	Strawberries Yogurt Dip (DF)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rice Cakes Cream Cheese Raisins	Brown Rice Edamame	Yogurt Granola (GF, ♥)	Applesauce Pretzel Crisps

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

♥ = Homemade by Kari

DF = Made with coconut milk/dairy free GF = Gluten Free

	AUG	UST		S	SEPTEMBER OCTOBER				NOVEMBER				I	DECE	MBEF	JANUARY					FEBR	UAR\	1		MAI	RCH		APRIL							
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			1	2	3	4	5		1	2	3					2	3	4	5			1	2					3	4	5	6		1	2	3
5	6	7	8	9	10	11	12	7	8	9	10	4	5	6	7	9	10	11	12	6	7	8	9	3	4	5	6	10	11	12	13	7	8	9	10
12	13	14	15	16	17	18	19	14	15	16	17	11	12	13	14	16	17	18	19	13	14	15	16	10	11	12	13	17	18	19	20	14	15	16	17
19	20	21	22	23	24	25	26	21	22	23	24	18	19	20	21	23	24	25	26	20	21	22	23	17	18	19	20	24	25	26	27	21	22	23	24
26	27	28	29	30				28	29	30	31	25	26	27	28	30	31			27	28	29	30	24	25	26	27	31				28	29	30	