



# After School-Snack Menu 2019-2020

August 2019 to June 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRESH FRUIT MILK	YOGURT 100% FRUIT JUICE	FRESH FRUIT MILK	WHOLE GRAIN SNACK CRACKER MILK	FRESH FRUIT MILK
WHOLE GRAIN CEREAL MILK	FRESH FRUIT MILK	WHOLE GRAIN MUFFIN MILK	FRESH VEGETABLE STICKS & RANCH DIP MILK	WHOLE GRAIN SNACK CRACKERS MILK
FRESH FRUIT MILK	STRING CHEESE 100% FRUIT JUICE	FRESH FRUIT MILK	WHOLE GRAIN PRETZELS MILK	FRESH FRUIT MILK
WHOLE GRAIN CEREAL MILK	FRESH VEGETABLE STICKS & RANCH DIP MILK	WHOLE GRAIN SNACK CRACKER MILK	FRESH FRUIT MILK	WHOLE GRAIN MUFFIN MILK
FRESH FRUIT MILK	WHOLE GRAIN GRAHAM CRACKER MILK	FRESH FRUIT MILK	STRING CHEESE 100% FRUIT JUICE	FRESH FRUIT MILK

Serving 1% or non-fat milk and whole grain products. Snacks consist of two food items listed as follows:

- ◆ Fluid Milk: 8 oz. non-fat white or non-fat chocolate
- ◆ Fruit/Vegetable (3/4 cup serving) and/or 100% Fruit Juice 6 oz
- ◆ Protein: 1 oz. cheese or 4 oz. yogurt
- ◆ Bread/Cereal: 1 oz. or 3/4 cup

Menu Subject To Change Without Notice. \*\* This Institution Is An Equal Opportunity Provider.