

Elementary Afterschool Snack Menu



2019/2020

MENUS are subject to change based on vendor changes, product availability, and student preference
This institution is an equal opportunity provider

**OTHER
POSSIBILITIES
IF YOU NEED TO
MAKE A
CHANGE**

Cycle Menu

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	WG Cheez-It Crackers 6 oz 100% juice box	Giant Goldfish Cinnamon Graham Cheese Stick	WG Chex Mix Banana	WG Chocolate Chip Muffin Top Whole Fruit (Pear, Apple, or orange)	Betty Crocker Oatmeal Bar 6 oz applesauce
2	Honeymaid Lil Square Cheese Stick	WG Blueberry Muffin Tops Whole Fruit (Pear, Apple, or orange)	WG Cheez-Its Banana	Elf Grahams Cinnamon Whole Fruit (Pear, Apple, or orange)	WG Cheddar Chexmix 6oz 100% juice
3	Honeymaid Lil Square Grahams 6 oz 100% juice	Cheddar Goldfish Cheese Stick	WG Chocolate Chip Muffin Top Banana	Bug Bites Grahams Whole Fruit (Pear, Apple, or orange)	Betty Crocker Oatmeal Bar 6 oz applesauce
4	WG Cheez-It Crackers Cheese Stick	WG Blueberry Muffin Tops Whole Fruit (Pear, Apple, or orange)	Betty Crocker Oatmeal Bar Banana	Grips Graham Chocolate Chip Whole Fruit	Cheddar Goldfish 6oz 100% juice
5	Honeymaid Lil Square 6oz 100% juice	Cheddar Goldfish Whole Fruit (Pear, Apple, or orange)	WG Cheddar Chexmix Banana	Scooby Snack Grahams (Pear, Apple, or orange)	WG Chocolate Chip Muffin Top 6 oz applesauce

Milk & ¼ Cup
Fresh Fruit

WG Muffin, 2oz
raisins, & 2oz
carrots

Yogurt with ¼ cup
nature valley
granola

Cornbread, 4oz
applesauce cup,
& box raisins

2 Tablespoons of
sunbutter & ¼
cup celery Sticks

Must Provide 2
components

Fruit & Vegetable
serving ¾ cup

Grain 1oz
creditable

Meat/MA 1 oz
creditable

Afterschool snacks must contain at least two different components of the following four: a serving of fluid milk; a serving of meat or meat alternate; a serving of vegetables or fruits or full strength vegetable or fruit juice; a serving of whole grain or enriched bread or cereal.

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*** Note: Perishable items such as milk, cheese, juice, or yogurt must be cold held at no more than 41 degrees Fahrenheit. Whole Fruit and Vegetables should not be in the temperature danger zone for more than 2 hours.**