

Afterschool Snack Menu GHS & GMS



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 Whole Fruit (Pear, Apple, or orange)	WG Chex Mix Banana	WG Chocolate Chip Muffin Top Whole Fruit (Pear, Apple, or orange)	Betty Crocker Oatmeal Bar Whole Fruit (Pear, Apple, or orange)
2	Honeymaid Lil Square 4oz Fruit Cup Craisins	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 juice	Cheddar Goldfish Whole Fruit (Pear, Apple, or orange)	WG Chocolate Chip Muffin Top Banana	Bug Bites Grahams Whole Fruit (Pear, Apple, or orange)	Betty Crocker Oatmeal Bar 4oz Fruit Cup Craisins
4	WG Cheez-It Crackers 4oz Fruit Cup Craisins	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 4oz Fruit Cup Craisins

- 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.**