



# *After-School Snack Program Menus 2009-2010*

<b><u>Monday</u></b> Bear Grahams Juice  <b>Total Carbs:</b> <b>33 g</b>	<b><u>Tuesday</u></b> Carrots w/dip Milk  <b>Total Carbs:</b> <b>26 g</b>	<b><u>Wednesday</u></b> PB&J Wafer Juice  <b>Total Carbs:</b> <b>50 g</b>	<b><u>Thursday</u></b> Fresh Fruit Milk  <b>Total Carbs:</b> <b>36 g</b>	<b><u>Friday</u></b> Granola Bar Juice  <b>Total Carbs:</b> <b>39 g</b>
<b><u>Monday</u></b> Graham Crackers (2) Peanut butter Cup (1 oz.) Juice <b>Total Carbs:</b> <b>43 g</b>	<b><u>Tuesday</u></b> Fresh Fruit Milk  <b>Total Carbs:</b> <b>36 g</b>	<b><u>Wednesday</u></b> Yogurt Juice  <b>Total Carbs:</b> <b>46 g</b>	<b><u>Thursday</u></b> Choice of Cereal Milk  <b>Total Carbs:</b> <b>39 g</b>	<b><u>Friday</u></b> Mozzarella Cheese Stick Juice  <b>Total Carbs:</b> <b>26 g</b>
<b><u>Monday</u></b> Bagelette w/Jelly (1) Juice  <b>Total Carbs:</b> <b>54 g</b>	<b><u>Tuesday</u></b> Chilled Canned Fruit Milk  <b>Total Carbs:</b> <b>40 g</b>	<b><u>Wednesday</u></b> Cheese Chunk w/Crackers (2) Juice  <b>Total Carbs:</b> <b>33 g</b>	<b><u>Thursday</u></b> Animal Crackers Milk  <b>Total Carbs:</b> <b>53 g</b>	<b><u>Friday</u></b> Celery Sticks W/ Peanut Butter Cup Juice  <b>Total Carbs:</b> <b>23 g</b>
<b><u>Monday</u></b> Cheese Crackers Juice  <b>Total Carbs:</b> <b>53 g</b>	<b><u>Tuesday</u></b> Fresh Fruit Milk  <b>Total Carbs:</b> <b>36 g</b>	<b><u>Wednesday</u></b> Muffin Juice  <b>Total Carbs:</b> <b>46 g</b>	<b><u>Thursday</u></b> Chilled Canned Fruit Milk  <b>Total Carbs:</b> <b>40 g</b>	<b><u>Friday</u></b> Goldfish Crackers Juice  <b>Total Carbs:</b> <b>38 g</b>

*\*Grains equal one bread component.*

*\*Meat/Meat Alternative equal 1 oz. serving.*

*\*Juice is 6 ounces and 100% fruit juice.*

*\*Fresh Fruit, Canned Fruit and Applesauce equal ¾ cup serving.*

*\*Milk is 8 ounces. Offer a variety!*