



After-School Snack Program Menus 2009-2010

<u>Monday</u> Bear Grahams Juice	<u>Tuesday</u> Carrots w/dip Milk	<u>Wednesday</u> PB&J Wafer Juice	<u>Thursday</u> Fresh Fruit Milk	<u>Friday</u> Granola Bar Juice
<u>Monday</u> Graham Crackers (2) Peanut butter Cup (1 oz.) Juice	<u>Tuesday</u> Fresh Fruit Milk	<u>Wednesday</u> Yogurt Juice	<u>Thursday</u> Choice of Cereal Milk	<u>Friday</u> Mozzarella Cheese Stick Juice
<u>Monday</u> Bagelette w/Jelly (1) Juice	<u>Tuesday</u> Chilled Canned Fruit Milk	<u>Wednesday</u> Cheese Stick w/Crackers (2) Juice	<u>Thursday</u> Bear Grahams Milk	<u>Friday</u> Celery Sticks W/ Peanut Butter Cup Juice
<u>Monday</u> Cheese Crackers Juice	<u>Tuesday</u> Fresh Fruit Milk	<u>Wednesday</u> Muffin Juice	<u>Thursday</u> Chilled Canned Fruit Milk	<u>Friday</u> Animal Crackers Juice

**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 $\frac{3}{4}$ cup serving.*

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