



****Broward-Snack* Perishable***
FLIPANY Afterschool Snack Menu
March 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Banana or Pear Whole Grain Oat Muffin 2.25oz	2 Apple or Orange Whole Grain Pretzels 1.0oz	3 1% Low Fat Milk 8oz Whole Grain Cheerios ¾ c
6 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	7 1.5 T Seed Butter Banana or Orange "PB Pitas" 14" WG Pita	8 Carrots/Celery Sticks Applesauce (no sugar added)	9 Light Cheese Stick 1oz Whole Wheat Crackers 0.8oz	10 1% Low Fat Milk 8oz Whole Grain Total Cereal ¾ c
13 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	14 Turkey or Ham 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	15 Banana or Pear Whole Grain Blueberry Muffin 2.25oz	16 Apple or Orange Whole Grain Cheddar Goldfish 1oz	17 1% Low Fat Milk 8oz WG Rice Krispies Cereal ¾ c
20 Peach/ Pineapple Fruit Cup Non-Fat Yogurt 4oz	21 Turkey 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	22 Banana or Pear Whole Grain Oat Muffin 2.25oz	23 EARLY RELEASE Apple or Orange Whole Grain Pretzels 0.8oz	24 TEACHER PLANNING DAY 1% Low Fat Milk 8oz Whole Grain Corn Flakes Cereal ¾ c
27 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	28 1.5 T Seed Butter Strawberries "PB Pitas" 14" WG Pita	29 Carrots/Celery Sticks (low fat ranch dip) Banana	30 Apple or Orange Whole Grain Cheddar Goldfish 1.0oz	31 1% Low Fat Milk 8oz Whole Grain Rice Krispies ¾

When a drink is not specifically listed with a snack, water is recommended as a beverage.

*Fruit servings are equivalent to least ¾ c

Vegetable servings are equivalent to at least ¾ c

Note: 1 banana = ½ c of fruit servings