



Non-Perishable Snack

FLIPANY Afterschool Snack Menu

March 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 Banana or Pear Whole Grain Blueberry Muffin 2.25oz	2 Apple or Orange Whole Grain Cheddar Crackers 0.8oz	3 Mixed Fruit Cup (Peach/Pineapple) No nut trail mix (Chex, Cheerios, Pretzels, Granola) ¾ c
6 Peach/ Pineapple Fruit Cup Whole Wheat Crackers 0.8oz	7 1.5 T Seed Butter Shelf Stable 100%Apple Juice 6oz "PB" & J, 2 slices WG Bread 1 packet Jelly	8 Banana or Pear Whole Grain Oat Muffin 2.25oz	9 Apple or Orange Whole Grain Pretzels 0.8oz	10 Applesauce (no sugar added) WG Cheese Crackers 0.8oz
13 Peach/Pineapple Fruit Cup WG Cheddar Goldfish 0.8oz	14 1.5 T Seed Butter Strawberries "PB Pitas" 14" WG Pita	15 Banana and Pear Whole Grain Blueberry Muffin 2.25oz	16 EARLY RELEASE Shelf Stable 100% Blended Juice 6oz Whole Grain Pretzels 0.8oz	17 1% Low Fat Shelf Stable Milk 8oz Whole Grain Cheerios Cereal 1.0oz
20 Applesauce (no sugar added) WG Cheddar Goldfish 0.8oz	21 1 Tbsp seed butter Strawberries "PB Pitas" 14" WG Pita	22 Banana or Pear Whole Grain Corn Muffin 2.25oz	23 Apple or Orange Whole Wheat Crackers 0.8oz	24 TEACHER PLANNING DAY Shelf Stable 100% Blended Juice 6oz No nut trail mix (Chex, Cheerios, Pretzels, Granola) ¾ c
27 Shelf Stable 100% Blended Juice 6oz Whole Grain Pretzels 0.8oz	28 Carrots Peach or Pear	29 Banana or Orange Whole Grain Oat Muffin 2.25oz	30 Apple Whole Grain Cheddar Goldfish 0.8oz	31 1% Low Fat Shelf Stable Milk 8oz Total Whole Grain Cereal 1.0oz

(NO REFRIGERATION NECESSARY- Account on Delivery Invoice starts with 35__ or 36__)

*When a drink is not specifically listed with a snack, water is recommended as a beverage.
*Whole Fresh Fruit in Season is defined as plum, orange, pear, or banana

