



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

(REFRIGERATION NECESSARY- Account on Delivery Invoice starts with 38_ _)

*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

