




PowerSnack Menu

FLIPANY Afterschool Snack Menu March 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>*All grains must be 100% Whole Grain *1% White Milk</p>		<p>1 – Cobb Salad Hard Boiled Egg (1 Large) Romaine (1 c) Corn and Shredded Carrot Whole Wheat Toast Cracker (1oz) Light Ranch Dressing, Milk</p>	<p>2 – Turkey and Cheese Sandwich Sliced Turkey (1oz), Swiss Cheese (1oz), Pepper Strips and Carrots, Mixed Berries, Whole Grain Roll (1oz) Mustard, Milk</p>	<p>3 – Ants on a Log Seed Nut Butter (2 T) Non Fat Yogurt Cup (4oz) Celery Sticks, Banana, WG Goldfish (0.8oz) Craisins, Milk</p>
<p>6 – Salami Sammies Salami Rolls (1.5oz), Cheese (0.5oz) Raw Broccoli (1/4c), Raw Carrots (1/4c), Mango Or Pineapple, Whole Grain Toast (1oz) Tzatziki Yogurt Dressing, Milk</p>	<p>7- Mom’s Potato Salad Hard Boiled Egg (1 Large) Sweet Potato and Red Potato Peas, Carrots, Corn, Multi (Whole) Grain Bread Roll (1oz) Non-Fat Yogurt/Mayo Dressing (1oz, mixed in), Milk</p>	<p>8 – Teriyaki Chicken Chicken Bites Broccoli Carrots and Snap Peas Pear Whole Brown Rice Low Sugar Teriyaki Sauce, Milk</p>	<p>9 – Seed Butter & Banana Crisps Sunflower seed butter (2 T) Non Far Vanilla Yogurt, low sugar (4oz) Snow Peas Banana WG Cinnamon Mini Rice Cakes (1oz) Milk</p>	<p>10 – Turkey Stacker Sliced Turkey, 2oz Swiss Cheese 1oz Cucumber Salad Strawberries Whole Grain Bun (1oz), Milk</p>
<p>13 – Take On Cobb Salad Hard Boiled Egg (1 Large), Spinach (1c), Cherry Tomatoes (5), Cucumbers, WG Toast Crackers (1oz), Honey Mustard Dressing (low sugar), Milk</p>	<p>14 – DIY Hawaiian Pizza Ham (1oz), 2% Cheese (1oz), Tomato Sauce (low sodium, low sugar) Diced Pineapple, Whole Wheat Pita (4”, 1oz), Milk</p>	<p>15 – DIY Parfait Plain Non-Fat Yogurt (6oz) Sunflower Seeds (1 T) Carrot Sticks, Frozen Berries, Whole Grain Corn Flakes Cereal, Honey (1 T), Milk</p>	<p>16 – Turkey Roll Ups EARLY RELEASE Turkey Slices (4oz) Celery and Pepper Strips Mandarin, Whole Grain Bread Sticks (0.8oz), Mustard, Milk</p>	<p>17 – DIY Chicken Kabobs Grilled Chicken Bites (1.5oz) Cheddar Cheese Cubes (0.5oz) Cherry Tomatoes Apple, WG Pretzel Sticks (0.8oz), Milk</p>
<p>20 – Tomato and Cheese Bruschetta Mozzarella String Cheese Sautéed Tomato and Zucchini Diced Pineapple Toasted WG Bread Sticks (0.8oz), Milk</p>	<p>21 – Tuna Salad Sliders Tuna (2oz) Celery and Onion, Grapes Whole Wheat Crackers (0.8oz) Mayo-Yogurt Dressing (1oz, mixed in), Milk</p>	<p>22 – Chicken Pita Pocket Diced Grilled Chicken Baby Spinach/Spring Mix (1 c) Apple Slices Whole Wheat Pita (4”, 1oz) Tzatziki Yogurt Dressing, Milk</p>	<p>23 – Bean Dippers Black beans ½ c, Cheddar Cheese 0.5oz, Salsa: Tomatoes, Scallions, Corn, Lime, Peaches (on side) Whole Grain Corn Tortilla Dippers Lime Dressing (mixed-in), Milk</p>	<p>24 – Turkey and Green Wraps TEACHER PLANNING DAY Sliced Turkey Mixed Green and Shredded Carrots Sliced Pear Whole Wheat Tortilla Wrap, Balsamic Vinaigrette (1oz), Milk</p>
<p>27 – Grilled Chicken & Barely Salad Grilled Chicken Spinach (1c), Cooked Onions (1/8c), Apple, Barely, Milk</p>	<p>28 – Caprese Skewers Mozzarella Balls (1oz) Legume Salad ¼ c, Tomato and Basil, Peaches (Fresh or Fruit Cup) WG Goldfish Crackers (0.8oz) Balsamic Glaze, Milk</p>	<p>29 – Cobb Salad Hard Boiled Egg (1 Large) Romaine (1 c) Corn and Shredded Carrot Whole Wheat Toast Cracker (1oz) Light Ranch Dressing, Milk</p>	<p>30 – Turkey and Cheese Sandwich Sliced Turkey (1oz), Swiss Cheese (1oz), Pepper Strips and Carrots, Mixed Berries, Whole Grain Roll (1oz) Mustard, Milk</p>	<p>31 – Ants on a Log Seed Nut Butter (2 T) Non Fat Yogurt Cup (4oz) Celery Sticks, Banana, WG Goldfish (0.8oz) Craisins, Milk</p>