

# *\*Non-Perishable Snack\**

## FLIPANY Afterschool Snack Menu

### April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Shelf Stable 100% Blended Juice 6oz Whole Wheat Crackers 0.8oz	<b>4</b> Carrots (Low Fat Ranch Packet) Applesauce (no sugar added)	<b>5</b> Banana or Pear Whole Grain Blueberry Muffin 2.25oz	<b>6</b> Apple or Orange Whole Grain Cheddar Crackers 0.8oz	<b>7</b> Mixed Fruit Cup (Peach/Pineapple) No nut trail mix (Chex, Cheerios, Pretzels, Granola) ¾ c
<b>10</b> <b>SPRING BREAK</b>	<b>11</b> <b>SPRING BREAK</b>	<b>12</b> <b>SPRING BREAK</b>	<b>13</b> <b>SPRING BREAK</b>	<b>14</b> <b>SPRING BREAK</b>
<b>17</b> Peach/Pineapple Fruit Cup WG Cheddar Goldfish 0.8oz	<b>18</b> 1.5 T Seed Butter Strawberries "PB Pitas" 14" WG Pita	<b>19</b> Banana and Pear Whole Grain Blueberry Muffin 2.25oz	<b>20</b> Shelf Stable 100% Blended Juice 6oz Whole Grain Pretzels 0.8oz	<b>21</b> 1% Low Fat Shelf Stable Milk 8oz Whole Grain Cheerios Cereal 1.0oz
<b>24</b> Applesauce (no sugar added) WG Cheddar Goldfish 0.8oz	<b>25</b> 1 Tbsp seed butter Strawberries "PB Pitas" 14" WG Pita	<b>26</b> Banana or Pear Whole Grain Corn Muffin 2.25oz	<b>27</b> Apple or Orange Whole Wheat Crackers 0.8oz	<b>28</b> Shelf Stable 100% Blended Juice 6oz No nut trail mix (Chex, Cheerios, Pretzels, Granola) ¾ c
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		When a drink is not specifically listed with a snack, water is recommended as a beverage.		

(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