

* Perishable Snack*



FLIPANY Afterschool Snack Menu April 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	4 Turkey or Ham 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	5 Banana or Pear Whole Grain Blueberry Muffin 2.25oz	6 Apple or Orange Whole Grain Cheddar Goldfish 1oz	7 1% Low Fat Milk 8oz WG Rice Krispies Cereal ¾ c
10 SPRING BREAK	11 SPRING BREAK	12 SPRING BREAK	13 SPRING BREAK	14 SPRING BREAK
17 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	18 1.5 T Seed Butter Strawberries "PB Pitas" 14" WG Pita	19 Carrots/Celery Sticks (low fat ranch dip) Banana	20 Apple or Orange Whole Grain Cheddar Goldfish 1.0oz	21 1% Low Fat Milk 8oz Whole Grain Rice Krispies ¾ c
24 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	25 Turkey 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	26 Banana or Pear Whole Grain Oat Muffin 2.25oz	27 Apple or Orange Whole Grain Pretzels 1.0oz	28 1% Low Fat Milk 8oz Whole Grain Cheerios 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.		

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

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*Whole Fresh Fruit in Season is defined as plum, orange, pear, or banana

