

PowerSnack Menu



FLIPANY Afterschool Snack Menu April 2017



Monday	Tuesday	Wednesday	Thursday	Friday
*All grains must be 100% Whole Grain *1% or Fat Free Milk				
<p>3 - 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>4 - 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>5 - Teriyaki Chicken Chicken Bites Broccoli Carrots and Snap Peas Pear Whole Brown Rice Low Sugar Teriyaki Sauce, Milk</p>	<p>6 - Seed Butter and Banana Crisps Sunflower seed butter (2 T) Non Fat Vanilla Yogurt, low sugar (4oz) Snow Peas Banana WG Cinnamon Mini Rice Cakes (1oz) Milk</p>	<p>7 - Turkey Stacker Sliced Turkey, 2oz Swiss Cheese 1oz Cucumber Salad Strawberries Whole Grain Bun (1oz), Milk</p>
10 - SPRING BREAK	11 - SPRING BREAK	12 - SPRING BREAK	13 - SPRING BREAK	14 - SPRING BREAK
<p>17 - Tomato and Cheese Bruschetta Mozzarella String Cheese Sautéed Tomato and Zucchini Diced Pineapple Toasted WG Bread Sticks (0.8oz), Milk</p>	<p>18 - Tuna Salad Sliders Tuna (2oz) Celery and Onion, Grapes Whole Wheat Crackers (0.8oz) Mayo-Yogurt Dressing (1oz, mixed in), Milk</p>	<p>19 - 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>20 - 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>21 - Turkey and Green Wraps Sliced Turkey Mixed Green and Shredded Carrots Sliced Pear Whole Wheat Tortilla Wrap, Balsamic Vinaigrette (1oz), Milk</p>
<p>24 - Grilled Chicken and Barley Salad Grilled Chicken Spinach (1c), Cooked Onions (1/8c), Apple, Barely, Milk</p>	<p>25 - 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>26 - 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>27 - Turkey and Cheese Sandwich Sliced Turkey (1oz), Swiss Cheese (1oz), Pepper Strips and Carrots, Mixed Berries, Whole Grain Roll (1oz) Mustard, Milk</p>	<p>28 - Ants on a Log Seed Nut Butter (2 T) Non Fat Yogurt Cup (4oz) Celery Sticks, Banana, WG Goldfish (0.8oz) Craisins, Milk</p>