



****Broward-Snack* Perishable***
FLIPANY Afterschool Snack Menu
April 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	4 Turkey 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	5 Banana or Pear Whole Grain Oat Muffin 2.25oz	6 Apple or Orange Whole Grain Pretzels 1.0oz	7 1% Low Fat Milk 8oz Whole Grain Cheerios ¾ c
10 – SPRING BREAK Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	11 – SPRING BREAK 1.5 T Seed Butter Banana or Orange “PB Pitas” 14” WG Pita	12 – SPRING BREAK Carrots/Celery Sticks Applesauce (no sugar added)	13 – SPRING BREAK Light Cheese Stick 1oz Whole Wheat Crackers 0.8oz	14 – SPRING BREAK 1% Low Fat Milk 8oz Whole Grain Total Cereal ¾ c
17 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	18 Turkey or Ham 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	19 Banana or Pear Whole Grain Blueberry Muffin 2.25oz	20 Apple or Orange Whole Grain Cheddar Goldfish 1oz	21 1% Low Fat Milk 8oz WG Rice Krispies Cereal ¾ c
24 Peach/ Pineapple Fruit Cup Non-Fat Yogurt 4oz	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 0.8oz	28 1% Low Fat Milk 8oz Whole Grain Corn Flakes Cereal ¾ c

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