



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	2 1.5 T Seed Butter Strawberries "PB Pitas" 14" WG Pita	3 Carrots/Celery Sticks (low fat ranch dip) Banana	4 Apple or Orange Whole Grain Cheddar Goldfish 1.0oz	5 1% Low Fat Milk 8oz Whole Grain Rice Krispies ¾ c
8 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	9 Turkey 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	10 Banana or Pear Whole Grain Oat Muffin 2.25oz	11 Apple or Orange Whole Grain Pretzels 1.0oz	12 1% Low Fat Milk 8oz Whole Grain Cheerios ¾ c
15 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	16 1.5 T Seed Butter Banana or Orange "PB Pitas" 14" WG Pita	17 Carrots/Celery Sticks Applesauce (no sugar added)	18 Light Cheese Stick 1oz Whole Wheat Crackers 0.8oz	19 1% Low Fat Milk 8oz Whole Grain Total Cereal ¾ c
22 Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	23 Turkey or Ham 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	24 Banana or Pear Whole Grain Blueberry Muffin 2.25oz	25 Apple or Orange Whole Grain Cheddar Goldfish 1oz	26 1% Low Fat Milk 8oz WG Rice Krispies Cereal ¾ c
29 SCHOOL OFFICES CLOSED Peach/ Pineapple Fruit Cup Non-Fat Yogurt 4oz	30 Turkey 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	31 Banana or Pear Whole Grain Oat Muffin 2.25oz	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	