



Non-Perishable Snack

FLIPANY Afterschool Snack Menu

May 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Shelf Stable 100% Blended Juice 6oz Whole Grain Pretzels 0.8oz	2 Carrots Peach or Pear	3 Banana or Orange Whole Grain Oat Muffin 2.25oz	4 Apple Whole Grain Cheddar Goldfish 0.8oz	5 1% Low Fat Shelf Stable Milk 8oz Total Whole Grain Cereal 1.0oz
8 Shelf Stable 100% Blended Juice 6oz Whole Wheat Crackers 0.8oz	9 Carrots (Low Fat Ranch Packet) Applesauce (no sugar added)	10 Banana or Pear Whole Grain Blueberry Muffin 2.25oz	11 Apple or Orange Whole Grain Cheddar Crackers 0.8oz	12 Mixed Fruit Cup (Peach/Pineapple) No nut trail mix (Chex, Cheerios, Pretzels, Granola) ¾ c
15 Peach/ Pineapple Fruit Cup Whole Wheat Crackers 0.8oz	16 1.5 T Seed Butter Shelf Stable 100%Apple Juice 6oz "PB" & J, 2 slices WG Bread 1 packet Jelly	17 Banana or Pear Whole Grain Oat Muffin 2.25oz	18 EARLY RELEASE Apple or Orange Whole Grain Pretzels 0.8oz	19 Applesauce (no sugar added) WG Cheese Crackers 0.8oz
22 Peach/Pineapple Fruit Cup WG Cheddar Goldfish 0.8oz	23 1.5 T Seed Butter Strawberries "PB Pitas" 14" WG Pita	24 Banana and Pear Whole Grain Blueberry Muffin 2.25oz	25 Shelf Stable 100% Blended Juice 6oz Whole Grain Pretzels 0.8oz	26 1% Low Fat Shelf Stable Milk 8oz Whole Grain Cheerios Cereal 1.0oz
29 LEGAL HOLIDAY Applesauce (no sugar added) WG Cheddar Goldfish 0.8oz	30 1 Tbsp seed butter Strawberries "PB Pitas" 14" WG Pita	31 Banana or Pear Whole Grain Corn 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

(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

