

# \* Perishable Snack \*

## FLIPANY Afterschool Snack Menu May 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	<b>2</b> 1.5 T Seed Butter Banana or Orange "PB Pitas" 14" WG Pita	<b>3</b> Carrots/Celery Sticks Applesauce (no sugar added)	<b>4</b> Light Cheese Stick 1oz Whole Wheat Crackers 0.8oz	<b>5</b> 1% Low Fat Milk 8oz Whole Grain Total Cereal ¾ c
<b>8</b> Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	<b>9</b> Turkey or Ham 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	<b>10</b> Banana or Pear Whole Grain Blueberry Muffin 2.25oz	<b>11</b> Apple or Orange Whole Grain Cheddar Goldfish 1oz	<b>12</b> 1% Low Fat Milk 8oz WG Rice Krispies Cereal ¾ c
<b>15</b> Peach/ Pineapple Fruit Cup Non-Fat Yogurt 4oz	<b>16</b> Turkey 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	<b>17</b> Banana or Pear Whole Grain Oat Muffin 2.25oz	<b>18</b> <b>EARLY RELEASE</b> Apple or Orange Whole Grain Pretzels 0.8oz	<b>19</b> 1% Low Fat Milk 8oz Whole Grain Corn Flakes Cereal ¾ c
<b>22</b> Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	<b>23</b> 1.5 T Seed Butter Strawberries "PB Pitas" 14" WG Pita	<b>24</b> Carrots/Celery Sticks (low fat ranch dip) Banana	<b>25</b> Apple or Orange Whole Grain Cheddar Goldfish 1.0oz	<b>26</b> 1% Low Fat Milk 8oz Whole Grain Rice Krispies ¾ c
<b>28</b> <b>LEGAL HOLIDAY</b> Non-Fat Yogurt 4oz Peach/Pineapple Fruit Cup	<b>29</b> Turkey 1 oz Whole Wheat Bun 1.5oz with mustard 9gm or low fat mayonnaise	<b>30</b> 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

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

\*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

