

# \*PowerSnack Menu\*

## FLIPANY Afterschool Snack Menu May 2017



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| <b>1 - Salami Sammies</b><br>Salami Rolls (1.5oz), Cheese (0.5oz)<br>Raw Broccoli (1/4c), Raw Carrots (1/4c), Mango or Pineapple, Whole Grain Toast (1oz)<br>Tzatziki Yogurt Dressing, Milk                         | <b>2 - Mom's Potato Salad</b><br>Hard Boiled Egg (1 Large)<br>Sweet Potato and Red Potato Peas, Carrots, Corn,<br>Multi (Whole) Grain Bread Roll (1oz)<br>Non-Fat Yogurt/Mayo Dressing (1oz, mixed in), Milk  | <b>3 - Teriyaki Chicken</b><br>Chicken Bites<br>Broccoli<br>Carrots and Snap Peas<br>Pear<br>Whole Brown Rice<br>Low Sugar Teriyaki Sauce, Milk                           | <b>4 - Seed Butter and Banana Crisps</b><br>Sunflower seed butter (2 T)<br>Non Fat Vanilla Yogurt, low sugar (4oz)<br>Snow Peas<br>Banana<br>WG Cinnamon Mini Rice Cakes (1oz)<br>Milk  | <b>5 - Turkey Stacker</b><br>Sliced Turkey, 2oz<br>Swiss Cheese 1oz<br>Cucumber Salad<br>Strawberries<br>Whole Grain Bun (1oz), Milk                                  |
| <b>8 - Take On Cobb Salad</b><br>Hard Boiled Egg (1 Large), Spinach (1c), Cherry Tomatoes (5), Cucumbers, WG Toast Crackers (1oz), Honey Mustard Dressing (low sugar), Milk   | <b>9 - DIY Hawaiian Pizza</b><br>Ham (1oz), 2% Cheese (1oz), Tomato Sauce (low sodium, low sugar) Diced Pineapple, Whole Wheat Pita (4", 1oz), Milk   | <b>10 - DIY Parfait</b><br>Plain Non-Fat Yogurt (6oz)<br>Sunflower Seeds (1 T)<br>Carrot Sticks, Frozen Berries,<br>Whole Grain Corn Flakes Cereal,<br>Honey (1 T), Milk  | <b>11 - Turkey Roll Ups</b><br>Turkey Slices (4oz)<br>Celery and Pepper Strips<br>Mandarin, Whole Grain Bread Sticks (0.8oz), Mustard, Milk   | <b>12 - DIY Chicken Kabobs</b><br>Grilled Chicken Bites (1.5oz)<br>Cheddar Cheese Cubes (0.5oz)<br>Cherry Tomatoes<br>Apple, WG Pretzel Sticks (0.8oz), Milk          |
| <b>15 - Tomato and Cheese Bruschetta</b><br>Mozzarella String Cheese<br>Sautéed Tomato and Zucchini<br>Diced Pineapple<br>Toasted WG Bread Sticks (0.8oz), Milk   | <b>16 - Tuna Salad Sliders</b><br>Tuna (2oz)<br>Celery and Onion, Grapes<br>Whole Wheat Crackers (0.8oz)<br>Mayo-Yogurt Dressing (1oz, mixed in), Milk  | <b>17 - Chicken Pita Pocket</b><br>Diced Grilled Chicken<br>Baby Spinach/Spring Mix (1 c)<br>Apple Slices<br>Whole Wheat Pita (4", 1oz)<br>Tzatziki Yogurt Dressing, Milk | <b>18 - Bean Dippers</b><br><b>EARLY RELEASE</b><br>Black beans ½ c, Cheddar Cheese 0.5oz,<br>Salsa: Tomatoes, Scallions, Corn, Lime,<br>Peaches (on side)<br>Whole Grain Corn Tortilla Dippers<br>Lime Dressing (mixed-in), Milk | <b>19 - Turkey and Green Wraps</b><br>Sliced Turkey<br>Mixed Green and Shredded Carrots<br>Sliced Pear<br>Whole Wheat Tortilla Wrap, Balsamic Vinaigrette (1oz), Milk |
| <b>22 - Grilled Chicken and Barley Salad</b><br>Grilled Chicken<br>Spinach (1c), Cooked Onions (1/8c),<br>Apple, Barely, Milk   | <b>23- Caprese Skewers</b><br>Mozzarella Balls (1oz)<br>Legume Salad ¼ c, Tomato and Basil,<br>Peaches (Fresh or Fruit Cup)<br>WG Goldfish Crackers (0.8oz)<br>Balsamic Glaze, Milk                           | <b>24 - Cobb Salad</b><br>Hard Boiled Egg (1 Large)<br>Romaine (1 c)<br>Corn and Shredded Carrot<br>Whole Wheat Toast Cracker (1oz)<br>Light Ranch Dressing, Milk         | <b>25 - Turkey and Cheese Sandwich</b><br>Sliced Turkey (1oz), Swiss Cheese (1oz),<br>Pepper Strips and Carrots, Mixed Berries,<br>Whole Grain Roll (1oz) Mustard, Milk   | <b>26 - Ants on a Log</b><br>Seed Nut Butter (2 T)<br>Non Fat Yogurt Cup (4oz)<br>Celery Sticks, Banana,<br>WG Goldfish (0.8oz)<br>Craisins, Milk                     |
| <b>29 - Salami Sammies</b><br><b>MEMORIAL DAY</b><br>Salami Rolls (1.5oz), Cheese (0.5oz)<br>Raw Broccoli (1/4c), Raw Carrots (1/4c), Mango or Pineapple, Whole Grain Toast (1oz)<br>Tzatziki Yogurt Dressing, Milk | <b>30 - Mom's Potato Salad</b><br>Hard Boiled Egg (1 Large)<br>Sweet Potato and Red Potato Peas, Carrots, Corn,<br>Multi (Whole) Grain Bread Roll (1oz)<br>Non-Fat Yogurt/Mayo Dressing (1oz, mixed in), Milk | <b>31 - Teriyaki Chicken</b><br>Chicken Bites<br>Broccoli<br>Carrots and Snap Peas<br>Pear<br>Whole Brown Rice<br>Low Sugar Teriyaki Sauce, Milk                          | <b>*All grains must be 100% Whole Grain *1% or Fat Free Milk</b><br>  |   |