2 Taste Catering Perishable Snack

FLIPANY Afterschool Menu

October 2018rev

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Peach/ Pineapple Fruit Cup Whole Grain Pretzels 1oz	**2** Turkey 1oz Whole Wheat Bun 1.5oz *Mustard 9gm or lowfat mayonnaise*	**3** Non-Fat Yogurt 4oz Pear Fruit Cup	**4** Apple or Orange Whole Grain Corn Muffin 2.25 oz	**5** 1% Low Fat Milk 8oz Whole Grain Cheerios ¾ cup
8 Applesauce (no sugar added) Goldfish 1oz	**9** 1.5 Seed Butter Banana or Orange "PB" Pitas 14" WG Pita	**10** Non-Fat Yogurt 4oz Carrots/Celery Sticks	**11** Light Cheese Stick 1oz Whole Wheat Crackers 0.8oz	**12** 1% Low Fat Milk 8oz Whole Grain Frosted Mini Wheats ¾ cup
15 Applesauce (no sugar added) Whole Grain Frosted Mini Wheats ¾ cup	**16** Turkey or Ham 1oz Whole Wheat Bun 1.5oz *Mustard 9gm or lowfat mayonnaise*	**17** Tropical Fruit Cup Whole Grain Blueberry Muffin 2.25oz	**18** Pineapple Fruit Cup Whole Grain Cheddar Goldfish 1oz	**19-Teacher Planning (Broward)** Non-Fat Yogurt 4oz WG Multigrain Cheerios ¾ cup
22 Peach/ Pineapple Fruit Cup Graham Crackers 1oz	**23** Turkey 1oz Whole Wheat Bun 1.5oz *Mustard 9gm or lowfat mayonnaise*	**24** Apple or Clementine Whole Grain Oat Muffin 2.25oz	**25** Non-Fat Yogurt 4oz Banana or Pear	**26-Teacher Planning (Miami)** 1% Low Fat Milk 8oz Whole Grain Frosted Mini-Wheats ¾ cup
29 Peach/ Pineapple Fruit Cup Goldfish 1oz	**30** 1.5 T Seed Butter Strawberries "PB" Pitas 14" WG Pita	**31** Carrots/Celery Sticks (*lowfat Ranch dip)* Banana	When a drink is not specifically listed with a snack, water is recommended as a beverage.	All fruit servings are at least ¾ cup. All vegetable servings are at least ¾ cup. Note: 1 banana = ½ cup of fruit servings.

Carry-Overs (+)
Menu Changes / Substitutions