Greater Miami Catering Non-Perishable Snack

FLIPANY The Ingredient to a Healthy Life

FLIPANY Afterschool Menu
October 2018

The Children's Trust

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

Carry-Overs (+)

Menu Changes / Substitutions

(NO REFRIGERATION NECESSARY- Account on Delivery Invoice starts with 35_ _, 36_ _, 46_ _)

*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

Florida HEALTH