

**\*PowerSnack\***  
**FLIPANY Afterschool Menu**  
**October 2018rev**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1-Grilled Chicken Caesar Wrap</b> 1% White Milk Grilled Chicken Romaine Lettuce (1 C) Apple Slices Whole Wheat Tortilla Wrap (1 oz)	<b>2-DIY Caprese Toast</b> 1% White Milk Mozzarella Tomato and Basil Halved Pear Whole Grain Toast Crackers <i>Balsamic Glaze</i>	<b>3-Cobb Salad</b> 1% White Milk Hard Boiled Egg, Sliced (1 Large) Romaine, Chopped (1 c) Corn and Shredded Carrot Toasted WG Bread Sticks (1 oz) <i>Light Ranch Dressing</i>	<b>4-Turkey and Cheese Sandwich</b> 1% White Milk Sliced Turkey (1 oz), Swiss Cheese (1 oz), Raw Pepper Strips and Carrot Sticks, Mixed Berries Whole Grain Roll (1 oz) <i>Mustard</i>	<b>5-Ants on a Log</b> 1% White Milk Seed Nut Butter (2 T) Non-Fat Yogurt Cup (4 oz) Celery Sticks, Banana WG Pretzels (0.8 oz) Craisins
<b>8-Salami Sammies</b> 1% White Milk Salami Rolls (1.5 oz) Cheese (0.5 oz) Raw Broccoli (1/4 c), Raw Carrots (1/4 c), Tropical Fruit Cup Whole Grain Toast (1 oz) <i>Tzatziki Yogurt Dressing</i>	<b>9-Mom's Potato Salad</b> 1% White Milk Hard Boiled Egg, Sliced (1 Large) Red Potato, Peas, Carrot, Corn (in Potato Salad) Multi (Whole) Grain Bread Roll (1 oz) <i>Non-Fat Yogurt/Mayo</i> <i>Dressing (1 oz) mixed into Salad</i>	<b>10-Pasta Salad</b> 1% White Milk Grilled Chicken Strips Broccoli (1/4 c) Olives (1/4c) Cherry Tomatoes Tri-Colored WG Spiral Noodles <i>Italian Dressing</i>	<b>11-Seed Butter and Banana Crisps</b> 1% White Milk Sunflower Seed Butter (2 T) Non Fat Vanilla Yogurt, low- sugar (4 oz), Raw Carrot Sticks Banana, WG Cinnamon Mini Rice Cakes (1 oz)	<b>12-Tuna Salad Stacker</b> 1% White Milk Tuna Salad Sliced Raw Cucumber, Strawberries, Toast Crackers (1 oz) <i>Mayo-Yogurt Dressing</i> (1 oz, mixed in)
<b>15-Greens Salad</b> 1% White Milk Hard-Boiled Egg (1 Large) Spinach (1 c) Cherry Tomatoes (5), Cucumbers WG Toast Crackers (1 oz) <i>Honey Mustard Dressing (low sugar)</i>	<b>16-DIY Pita Pizza</b> 1% White Milk Shredded Buffalo Chicken (1oz) 2% Cheese (1oz) m Diced Pineapple Whole Wheat Pita (4", 1 oz)	<b>17-DIY Parfait</b> 1% White Milk Plain Non-Fat Yogurt (6 oz) Sunflower Seeds (1 T) Carrot Sticks, Frozen Berries Whole Grain Raisin Bran Cereal <i>Honey (1 T)</i>	<b>18-Turkey Pinwheels</b> 1% White Milk Turkey Slices (4 oz) Raw Carrot Sticks Mandarin Spinach Wrap (4", 1 oz) <i>Honey Mustard</i>	<b>19-DIY Chicken Kabobs</b> 1% White Milk Grilled Chicken Bites (1.5 oz) Cheddar Cheese Cubes (0.5 oz) Cherry Tomatoes Apple WG Pretzel Sticks (0.8 oz)
<b>22-Tomato &amp; Cheese Bruschetta</b> 1% White Milk Mozzarella String Cheese Diced Tomato with Garlic & Basil Diced Pineapple Toasted WG Bread Sticks (0.8 oz)	<b>23-Tuna Snackable</b> 1% White Milk Tuna Salad Celery Sticks Grapes Whole Wheat Crackers (0.8 oz) <i>Mayo-Yogurt Dressing (1 oz, mixed in)</i>	<b>24-Chicken Pita Pocket</b> 1% White Milk Diced Grilled Chicken Baby Spinach/Spring Mix (1 c) Apple Slices Whole Wheat Pita (4", 1 oz) <i>Tzatziki Yogurt Dressing</i>	<b>25-Bean Dippers</b> 1% White Milk Black Beans 1/2 c Cheddar Cheese (0.5oz) Salsa: Tomatoes, Scallions, Corn, Lime, Peaches (on side) Whole Grain Corn Tortilla Dippers (1 oz) <i>Lime Dressing</i>	<b>26-Turkey &amp; Greens Wrap- TPD</b> 1% White Milk Sliced Turkey Mixed Greens & Shredded Carrots, Sliced Pear Whole Wheat Tortilla Wrap (1 oz) <i>Balsamic Vinaigrette</i>
<b>29-Grilled Chicken Caesar Wrap</b> 1% White Milk Grilled Chicken Romaine Lettuce (1 C) Apple Slices Whole Wheat Tortilla Wrap (1 oz)	<b>30-DIY Caprese Toast</b> 1% White Milk Mozzarella Tomato and Basil, Halved Pear Whole Grain Toast Crackers <i>Balsamic Glaze</i>	<b>31-Cobb Salad</b> 1% White Milk Hard Boiled Egg, Sliced (1 Large) Romaine, Chopped (1 c), Corn and Shredded Carrot, Toasted WG Bread Sticks (1 oz) <i>Light Ranch</i>	*All grains must be 100% Whole Grain *1% or Fat Free Milk	