



**2 Taste Catering* Perishable Snack*

FLIPANY Afterschool Menu June 2019-cycle 2 start



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Peach/ Pineapple Fruit Cup Goldfish 1oz	4 (Last day of school in Broward) 1.5 T Seed Butter Strawberries “PB” Pitas 14” WG Pita	5 Teacher Planning Day (Broward) Carrots/Celery Sticks <i>(lowfat Ranch dip)</i> Banana	6 (Last day of school in Miami) Non-Fat Yogurt 4oz Apple or Clementine	7 Teacher Planning Day (Miami)

**Carry-Overs (+)
Menu Changes /
Substitutions**

Summer Programming

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.