



****PowerSnack****
FLIPANY Afterschool Menu
June 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Tomato & Cheese Bruschetta 1% White Milk Mozzarella String Cheese Diced Tomato with Garlic & Basil Diced Pineapple Toasted WG Bread Sticks (0.8 oz)	4-Tuna Snackable 1% White Milk Tuna Salad Celery Sticks Grapes Whole Wheat Crackers (0.8 oz) Mayo-Yogurt Dressing (1 oz, mixed in)	5-Chicken Pita Pocket 1% White Milk Diced Grilled Chicken Baby Spinach/Spring Mix (1 c) Apple Slices Whole Wheat Pita (4", 1 oz) Tzatziki Yogurt Dressing	6-Bean Dippers (Last day of school) 1% White Milk Black Beans 1/2 c, Cheddar Cheese (0.5oz), Salsa: Tomatoes, Scallions, Corn,Lime, Peaches (on side) WG Corn Tortilla Dippers (1 oz), Lime Dr.	7 Teacher Planning Day

Summer Programming

*All grains must be 100% Whole Grain
 *1% or Fat Free Milk