

Snack Menu

**Exquisite – Afterschool
December 2021**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>12/1</u> Fresh Medium Apple (3/4c) WG Cheese Crackers OR WG Honey Grahams (1oz)	<u>12/2</u> 100% Fruit Juice (6oz) WG Rich Fruit Muffin (2oz)	<u>12/3</u> Fresh Medium Apple (3/4c) WG Pretzels (1oz)
<u>12/6</u> Yogurt (4oz) <i>less than 23g of sugar</i> WG Corn OR Banana Muffin/Bread (1.2oz)	<u>12/7</u> 100% Fruit Juice (6oz) WG Pretzels (1oz)	<u>12/8</u> Fresh Medium Apple (3/4c) WG Tortilla Chips (1oz)	<u>12/9</u> 100% Fruit Juice (6oz) WG Rich Fruit Muffin (2oz)	<u>12/10</u> Fresh Medium Apple (3/4c) WG Cheese Cracker OR WG Honey Grahams (1oz)
<u>12/13</u> Yogurt (4oz) <i>less than 23g of sugar</i> WG Animal Crackers (1oz)	<u>12/14</u> 100% Fruit Juice (6oz) WG Corn OR Banana Muffin/Bread (1.2oz)	<u>12/15</u> Fresh Medium Apple (3/4c) WG Cheese Crackers OR WG Honey Grahams (1oz)	<u>12/16</u> 100% Fruit Juice (6oz) WG Rich Fruit Muffin (2oz)	<u>12/17</u> Fresh Medium Apple (3/4c) WG Pretzels (1oz)
<u>12/20</u> Yogurt (4oz) <i>less than 23g of sugar</i> WG Corn OR Banana Muffin/Bread (1.2oz)	<u>12/21</u> 100% Fruit Juice (6oz) WG Pretzels (1oz)	<u>12/22</u> Fresh Medium Apple (3/4c) WG Tortilla Chips (1oz)	<u>12/23</u> 100% Fruit Juice (6oz) WG Rich Fruit Muffin (2oz)	<u>12/24</u> Fresh Medium Apple (3/4c) WG Cheese Cracker OR WG Honey Grahams (1oz)
<u>12/27</u> Yogurt (4oz) <i>less than 23g of sugar</i> WG Animal Crackers (1oz)	<u>12/28</u> 100% Fruit Juice (6oz) WG Corn OR Banana Muffin/Bread (1.2oz)	<u>12/29</u> Fresh Medium Apple (3/4c) WG Cheese Crackers OR WG Honey Grahams (1oz)	<u>12/30</u> 100% Fruit Juice (6oz) WG Rich Fruit Muffin (2oz)	<u>12/31</u> Fresh Medium Apple (3/4c) WG Pretzels (1oz)