FLIPANY
The Ingredient to a Healthy Life

Snack Menu

EZ Meals – Afterschool
April 2022

Florida HEALTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE CHILDREN'S TRUST	**3/29** Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Potato Roll (2oz)	**3/30** Cheese Stick OR Cheese Slices (1oz) WG Fruit Muffin (2oz)	**3/31** Fresh Fruit (3/4c) WG Cheddar Cheezitz OR WG Crackers (1oz)	**4/1** 100% Juice (6oz) WG Animal Crackers (1oz)
4/4 100% Juice (6oz) OR Fresh Fruit (3/4c) WG Cheddar Goldfish OR WG Pretzels (.75oz=1oz) OR WG Crackers (1oz)	**4/5** Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Potato Roll (2oz)	**4/6** Cheese Stick OR Cheese Slices (1oz) WG Fruit Muffin (2oz)	**4/7** Fresh Fruit (3/4c) WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)	**4/8** 100% Juice (6oz) WG Animal Crackers (1oz)
4/11 100% Juice (6oz) OR Fresh Fruit (3/4c) WG Honey Grahams (1oz)	**4/12** Sunflower Butter (2tbls) Fruit Jelly (.5oz) WG Brioche Roll (2oz)	**4/13** Cheese Stick OR Cheese Slices (1oz) WG Fruit Muffin (2oz)	**4/14** Fresh Fruit (3/4c) WG Cheez Itz Crackers OR WG Crackers (1oz)	**4/15** 100% Juice (6oz) WG Assorted Crackers (1oz)
4/18 100% Juice (6oz) OR Fresh Fruit (3/4c) WG Cheddar Goldfish OR WG Pretzels (.75oz=1oz) OR WG Crackers (1oz)	**4/19** Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Brioche Roll (2oz)	**4/20** Cheese Stick OR Cheese Slices (1oz) WG Fruit Muffin (2oz)	**4/21** Fresh Fruit (3/4c) WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)	**4/22** 100% Juice (6oz) WG Honey Grahams (1oz)
4/25 100% Juice (6oz) OR Fresh Fruit (3/4c) WG Cheddar Goldfish OR WG Pretzels (.75oz=1oz) OR WG Crackers (1oz)	**4/26** Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Potato Roll (2oz)	**4/27** Cheese Stick OR Cheese Slices (1oz) WG Fruit Muffin (2oz)	**4/28** Fresh Fruit (3/4c) WG Cheddar Cheezitz OR WG Crackers (1oz)	**4/29** 100% Juice (6oz) WG Animal Crackers (1oz)