

## Sample Menu for the Afterschool Snack Program

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| VF Cinnamon Applesauce (3/4 cup)<br>A w/ Raisins (1 T)<br>GB Pretzel Twists (22 gm)<br>O Water | GB Corn Tortilla Wrap (28 gm)<br>MA w/ Ham & Shredded Cheese (1oz)<br>O Water | VF Carrot Sticks (3/4 cup) w/<br>O Low-Fat Ranch Dip (2 T)<br>GB Whole Grain Crackers (22 gm)<br>O Water     | VF Sliced Peaches (3/4 cup)<br>GB Whole Grain Cereal (1 oz)<br>O Water                        | MA Yogurt (4 oz.)<br>VF Blueberries (3/4 cup)<br>O Water  |
| VF Mandarin Oranges and Pineapple<br>Tidbits (3/4 cup)<br>MA Vanilla Yogurt (4 oz.)<br>O Water | GB Animal Crackers (28 oz)<br>M Low-Fat Plain Milk (1 cup)                    | VF Apple Slices (3/4 cup) w/<br>MA Peanut Butter (2 T) and<br>A Raisins (1 T)<br>O Water                     | MA Hummus (1/2 cup) w/<br>GB Whole Wheat Pita (28 gm)<br>A Carrot Sticks (1/2 cup)<br>O Water | VF Cucumber & Carrot Slices (3/4 cup)<br>O w/ Low-Fat Dip (2 T)<br>GB Pretzel Twists (22 gm)<br>O Water |
| GB Whole Grain Cereal (1 oz.)<br>M Low-Fat Plain Milk (1 cup)                                  | VF Banana, One Large (3/4 cup)<br>GB Whole Grain Crackers (22 gm)             | VF Broccoli & Cauliflower (3/4 cup)<br>O w/ Low-Fat Dip (1 oz)<br>GB Whole Grain Crackers (22 gm)<br>O Water | VF Apple Slices (3/4 cup)<br>MA Cheese Cubes (1 oz)<br>O Water                                | GB Cheese Crackers (28 gm)<br>VF Watermelon Chunks (3/4 cup)<br>O Water                                 |
| MA Mozzarella Stick, Part Skim (1 oz)<br>VF Grapes (3/4 cup)<br>O Water                        | VF Celery Sticks (3/4 cup) w/<br>MA Peanut Butter (2 T)<br>O Water            | GB Whole Grain Crackers (22 gm)<br>MA Cheese Cubes (1 oz)<br>A Apple Slices (1/2 cup)<br>O Water             | VF Fresh Berries (3/4 cup) w/<br>A Yogurt (4 oz.)<br>GB Graham Crackers (28 gm)<br>O Water    | A Peanut Butter (2 T) &<br>O Jelly (1/2 T) on<br>GB Wheat Bread (28 gm)<br>M Low-Fat Plain Milk (1 cup) |

Portion sizes (indicated in parentheses after each menu item) are for ages 6-18.

Abbreviations:

GB = Grains/Breads

MA = Meat/Meat Alternates

VF = Vegetables/Fruits

M = Milk

A = Additional items (creditable foods served in addition to the minimum required components)

O = Other (noncreditable)