

SEPTEMBER

After School Snack Menu



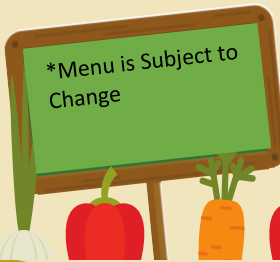
Questions or
Comments?

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Director of Operation
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DAILY SELECTIONS: ASSORTED LOWFAT MILK

Healthy after-school snack options are offered every day. Nutritious snacks help keep kids energy up for after-school activities and homework.



SFE This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

2 Labor Day – No School (V) = Vegetarian Option (or vegetarian upon request)	3 Snack Menu Banana White 1% Low Fat Milk	4 Snack Menu Sliced Oranges Whole Grain Pretzel Heartzels	5 Snack Menu Whole Grain Golden Blueberry Muffin String Cheese	6 Snack Menu Whole Grain Cheddar Goldfish White 1% Low Fat Milk
9 Snack Menu Whole Grain Honey Graham Crackers String Cheese	10 Snack Menu Banana Whole Grain Cheddar Cheez-Its	11 Snack Menu Whole Grain Cheddar Goldfish White 1% Low Fat Milk	12 Snack Menu Sliced Oranges White 1% Low Fat Milk	13 Snack Menu Whole Grain Banana Loaf White 1% Low Fat Milk
16 Snack Menu Danimals Vanilla Yogurt Whole Grain Honey Graham Crackers	17 Snack Menu Banana White 1% Low Fat Milk	18 Snack Menu Sliced Oranges Whole Grain Pretzel Heartzels	19 Snack Menu Whole Grain Golden Blueberry Muffin White 1% Low Fat Milk	20 Snack Menu Whole Grain Cheddar Goldfish White 1% Low Fat Milk
23 Snack Menu Sliced Oranges White 1% Low Fat Milk	24 Snack Menu Banana Whole Grain Cheddar Cheez-Its	25 Snack Menu Whole Grain Honey Graham Crackers String Cheese	26 Snack Menu Whole Grain Cheddar Goldfish White 1% Low Fat Milk	27 Snack Menu Whole Grain Banana Loaf White 1% Low Fat Milk
30	1	2	3	4

Remember: Two of your food groups should be part of your snack every day. Fruit and vegetables provide vitamins, minerals and fiber, and should be included in meals and snacks each day



*1% Low Fat White and Chocolate Milk Offered Daily