



Riverbank Afterschool Program

January 2019

Snack Menu

Harvest of the Month - Grapefruit




Born - Barbados

Vitamin C & Fiber Pectin

Season - Nov. Thru April

Sour, Semi-Sweet & Bitter

Monday	Tuesday	Wednesday	Thursday	Friday
				
Fruit Loops Cereal Bowl Milk 7	Goldfish Crackers Apple Milk 8	String Cheese 100% Fruit Juice 9	Elf Grahams Milk 10	Cook's Choice 100% Fruit Juice 11
Cocoa Puffs Cereal Bowl 14	Cinnamon Poptart Milk 15	Peanut Butter Cup Apple Slices 100% Fruit Juice 16	Chocolate Bear Graham Milk 17	Cook's Choice 100% Fruit Juice 18
 1929 1968 21	Sunflower Seeds Mandarin Oranges Milk 22	Yogurt 100% Fruit Juice 23	Mini Chocolate Chip Cookies Milk 24	Cook's Choice 100% Fruit Juice 25
Cinnamon Toast Cereal Bowl Birthday Cookie Milk 28	Cheez-its Milk 29	Peanut Butter Cup Apple Slices 100% Fruit Juice 30	Munchie Mix Milk 31	Cook's Choice 100% Fruit Juice 1

"The USDA and the CDE are equal opportunity providers and employers."

Menu Subject to Change



Sunday
Feb. 3th

PAY ONLINE
www.mymealtime.com

