

Riverbank Afterschool Program

November 2019

Snack Menu

Harvest of the Month - Sweet Potato









Born - Tropical Regions

Vitamin A & Beta Carotene

Season - Aug. thru Nov.

Edible Tuberos Root



Monday	Tuesday	Wednesday	Thursday	Friday
				Cook's Choice 100% Fruit Juice 1
Reese's Cereal Bowl Milk 4	Salted Sun Flower Seeds Gala Apple Milk 5	Strawberry Yogurt 100% Fruit Juice 6	Cinnamon Graham Crackers  Milk 7	Cook's Choice 100% Fruit Juice 8
 11	Berry Bear Graham Fresh Mandarin Orange Milk 12	String Cheese 100% Fruit Juice 13	Goody Man Crispy Square Milk 14	Cook's Choice 100% Fruit Juice 15
Cinnamon Toast Cereal Bowl 18	Dino Bites Red Apple Milk 19	Vanilla Yogurt 100% Fruit Juice 20	Chocolate Elf Grahams Milk 21	Cook's Choice 100% Fruit Juice 22
Marshmallow Matey's Cereal Bowl Milk 25	Savory Wheat Crackers  Green Apple Milk 26	Pizza Bites Apple Slices 100% Fruit Juice 27	 29	

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

Menu Written by California Avenue:

ASP's Wellness Club

Julian V., Aria Y., Andrea R., Abby R., Aimet R., Edward H.,
Mizael R., Andrew V., Miguel R., Gabriel S., Aaron V.,
Kimberly M., Alexandra E. and Noemi V.



Menu Subject to Change

