



2018-2019 Norwalk-La Mirada USD
Afterschool Snack Menu



Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 8, Nov 5, Dec 3, Jan 28, Feb 25, Mar 25, May 20	Trix Cereal Bowl & Milk	Mini Chocolate Chip Muffin & Milk	Greek Yogurt & Granola	Whole Grain Cheddar Goldfish Crackers & 100% Juicy Juice	Baked Cheetos & 100% Juicy Juice
Oct 15, Nov 13, Dec 10, Jan 7, Feb 4, Mar 4, Apr 1, Apr 29, May 27	Reduced Sugar Cinnamon Toast Crunch Cereal Bowl & Milk	Mini Double Chocolate Muffin & Milk	Cheez-It Crackers & 100% Juicy Juice	Annie's Bunny Grahams & Milk	Reduced Fat Nacho Cheese Doritos & 100% Juicy Juice
Oct 22, Dec 17, Jan 14, Feb 12, Mar 11, Apr 8, May 6, June 3	Trix Cereal Bowl & Milk	Mini Chocolate Chip Muffin & Milk	Goldfish Pretzels & 100% Juicy Juice	Chocolate Caramel Chex Mix & Milk	Baked Cheetos & 100% Juicy Juice
Oct 29, Nov 26, Jan 22, Feb 19, Mar 18, Apr 15, May 13	Cocoa Puff Cereal Bowl & Milk	Mini Double Chocolate Muffin & Milk	Educational Cookies & Milk	Cheez-It Crackers & 100% Juicy Juice	Cool Ranch Doritos & 100% Juicy Juice

*Fresh fruit is optional & offered a couple times a week.

*Menu subject to change depending upon availability.

Reimbursable Snack must provide 2 out of the 4 items listed below, per Federal & State Guidelines:

- Milk: 8 oz. Fluid Milk
- Fruit or Vegetable: ¾ cup or 6 oz. 100% fruit juice
- Protein: 1 oz. equivalent (i.e. cheese, nuts, meat)
- Grains: 1 oz. equivalent whole grain

Also, must meet the following nutritional guidelines:

0 g trans-fat; <35% of total calories from fat; <10% of total calories from saturated fat; <35% of total weight from sugar; <200 calories per individual item

Milk Choices:

Must offer at least 2 choices:

- 1% White Milk
- Fat Free Chocolate Milk
- Fat Free Lactaid Milk
- Soy Milk