

Sept/ Oct 2021

After School Snack

CDE - After School Snack Program



Meal Pattern, SERVE: Take (3) components offered daily to make a reimbursable meal.

Requirement's: Fruit, Vegetable, or 100% Juice 3/4 cup
 Fluid Milk - 8 ounces(1 flavor choice ONLY) Grain / Bread- 1 slice / 1 oz. grain Meat/ Meat Alternate- 1 ounce

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
9/13,27	9/14,28	9/1,15,29	9/2,16,30	9/3,17
10/11,25	10/12,26	10/13,27	10/14,28	10/1, 15,29
MJM Grahams 1 grain - Chocolate Bear Apple Sauce Cup 8 oz. (1C) Milk (Nonfat Chocolate or Low-fat White)	Peach Yami Yogurt 4 oz.1 m/ma Whole Fresh Fruit 1/2 C 8 oz. (1C) Milk (Nonfat Chocolate or Low-fat White)	WG Tortilla chips 1.5 oz 1 grain Whole Fresh Fruit 1/2 C 8 oz. (1C) Milk (Nonfat Chocolate or Low-fat White)	MJM Grahams 1 grain-Strawberry graham Whole Fresh Fruit 1/2 C 8 oz. (1C) Milk (Nonfat Chocolate or Low-fat White)	Whole Grain Cereal & graham cracker 3ct 1 grain Whole Fresh Fruit 1/2 C 8 oz. (1C) Milk (Nonfat Chocolate or Low-fat White)

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
9/6,20	9/7,21	9/8,22,	9/9,23	9/10,24
10/4,18	10,5,19	10/6,20	10/7,21	10/8,22
WG Tortilla chips 1.5 oz 1 grain Whole Fresh Fruit 1/2 C 8 oz. (1C) Milk (Nonfat Chocolate or Low-fat White)	MJM Grahams 1 grain- Vanilla graham Whole Fresh Fruit 1/2 C 8 oz. (1C) Milk (Nonfat Chocolate or Low-fat White)	Whole Grain Cereal & graham cracker 3ct 1 grain Whole Fresh Fruit 1/2 C 8 oz. (1C) Milk (Nonfat Chocolate or Low-fat White)	MJM Apple Cinnamon graham Whole Fresh Fruit 1/2 C 8 oz. (1C) Milk (Nonfat Chocolate or Low-fat White)	Straw/ banana Yami Yogurt 4 oz. 1 m/ma Dried Cranberries PKG 8 oz. (1C) Milk (Nonfat Chocolate or Low-fat White)

CDE snack is a serve meal planning. Please take all (3) components. Unwanted item can be placed in "share basket"

This institution is an equal opportunity provider

You may apply for free or reduce price lunch at any time during the school year. You must use current school year application 2020-2021 .Applications are available online at sanysidro.rocketscanapps.com