



2021-2022 Afterschool Snack Menu

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
<i>11/1, 11/29, 1/4*, 1/24, 2/15*, 3/7 & 3/28</i>	Nacho Cheese Doritos & 6 oz. Fresh Juice	Cereal Bowl & Milk	Cheddar Goldfish & 6 oz. Fresh Juice	MJM Bear Grahams & Milk	Baked Cheetos & 6 oz. Fresh Juice
<i>11/8, 12/6, 1/10, 1/31, 2/22* & 3/14</i>	Cool Ranch Doritos & 6 oz. Fresh Juice	Keebler Animal Crackers & Milk	Pretzel Goldfish & 6 oz. Fresh Juice	Cereal Bar & Milk	Educational Crackers & 6 oz. Fresh Juice
<i>11/15, 12/13, 1/17*, 2/7, 2/28 & 3/21</i>	Wild White Doritos & 6 oz. Fresh Juice	Zee Zee Birthday Grahamz & Milk	Cheddar Goldfish & 6 oz. Fresh Juice	MJM Bear Grahams & Milk	Baked Cheetos & 6 oz. Fresh Juice

*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 (Need a note from parent.)