afterschool snack menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Sep1- Spe2				Raisin Bran Cereal 1% or Nonfat White Milk	Crunchy Granola with Lowfat Yogurt 100% Orange Juice
Sep6-Sep9	LABOR DAY	Whole Grain Cinnamon Goldfish Crackers 100% Orange Juice	Lowfat Yogurt Parfait with Strawberries & Blueberries	Apple Frudel Fresh Banana	Broccoli Trees w/ Dip 1% or Nonfat White Milk
Sep12-Sep16	Fresh Orange Smiles 1% or Nonfat White Milk	Whole Grain Apple Muffin 1% or Nonfat White Milk	Mozzarella String Cheese Fresh Apple Wedges	Applesauce Graham Crackers	Crunchy Granola with Lowfat Yogurt 100% Orange Juice
Sep19-Sep23	Mini Bagel with Cream Cheese Fresh Banana 1% or Nonfat White Milk	Hummus Dip with Baby Carrots 100% Orange Juice	Whole Grain Blueberry Muffin 1% or Nonfat White Milk	Carrot & Celery Sticks w/ Dip Fresh Banana	Fresh Apple Wedges Graham Crackers
Spe26-Sep30	Mozzarella String Cheese Fresh Grapes	Hummus Dip with Celery Sticks 100% Orange Juice	Lowfat Yogurt Parfait with Peaches and Granola	Cherry Frudel Seasonal Fresh Fruit	

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