

# December 2021



## Berryville & Richmond 100 Calorie Snack Menu

### Grafton

### Snacks!

Clients may substitute any snacks for fresh fruit

**2000 Calorie Plan Includes:**

10:00 a.m. Snack (approx. 100 calories)

Afterschool Snack (approx. 100 Calories  
**+ Fruit**)

Evening Snack (approx. 100 Calories  
**+ Milk**)

If you have special requests or concerns, please ask your server

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Snack: 10:00 a.m. Celery & 1T Peanut Butter <b>Afterschool Snack:</b> Trail Mix - - <b>Evening:</b> Snackwells Cookies	<b>2</b> Snack: 10:00 a.m. Yogurt - <b>Afterschool Snack:</b> Whole Grain SunChips - - <b>Evening:</b> Plain Greek Yogurt & honey	<b>3</b> Snack 10:00 a.m. 20 Grapes & 1oz Cheese <b>Afterschool Snack:</b> Baked Lays - - <b>Evening:</b> Fruit Cocktail -	<b>4</b> Snack 10:00 a.m. 100 Calorie Cookies <b>Afterschool Snack:</b> Cheddar Goldfish - - <b>Evening:</b> 20 Grapes & 1 oz Cheese
<b>5</b> Snack: 10:00 a.m. 100 Calorie Pack of Cookies <b>Afterschool Snack:</b> Whole Grn Animal Crack. - <b>Evening:</b> Nature Valley Bar -	<b>6</b> Snack: 10:00 a.m. Yogurt <b>Afterschool Snack:</b> 100 Cal PopCorn - <b>Evening:</b> Baby Carrots & Hummus	<b>7</b> Snack: 10:00 a.m. Trail Mix <b>Afterschool Snack:</b> Celery & 1T Peanut Butter - <b>Evening:</b> Cereal & Milk	<b>8</b> Snack: 10:00 a.m. Sunflower Seeds - <b>Afterschool Snack:</b> 100 Calorie Cheez-It - <b>Evening:</b> 1T Peanut Butter & Rice Cake	<b>9</b> Snack: 10:00 a.m. 1 Hard Boiled Egg & 1 Fruit <b>Afterschool Snack:</b> Baby Carrots/Light Ranch & Skim Milk - <b>Evening:</b> Lemon Cookies	<b>10</b> Snack 10:00 a.m. 20 Grapes & 1 Slice of Cheese <b>Afterschool Snack:</b> 100 Calorie Pack of Cookies - <b>Evening:</b> Yogurt & Fruit -	<b>11</b> Snack 10:00 a.m. Mozzeralla Cheese Stick - <b>Afterschool Snack:</b> Whole Grain SunChips - <b>Evening:</b> Baked Lays
<b>12</b> Snack: 10:00 a.m. Nature Valley Bar - <b>Afterschool Snack:</b> 100 Cal Popcorn - <b>Evening:</b> Yogurt	<b>13</b> Snack: 10:00 a.m. Plain Greek Yogurt & Honey <b>Afterschool Snack:</b> Bug Bites - <b>Evening:</b> 100 Calorie Pretzels	<b>14</b> Snack: 10:00 a.m. Apple Slices & Caramel <b>Afterschool Snack:</b> Choice of cheese stick or yogurt - <b>Evening:</b> 2 oz Deli turkey & 1 Slice of Cheese	<b>15</b> Snack: 10:00 a.m. Celery & 1T Peanut Butter <b>Afterschool Snack:</b> Trail Mix - - <b>Evening:</b> Snackwells Cookies	<b>16</b> Snack: 10:00 a.m. Yogurt <b>Afterschool Snack:</b> Whole Grain SunChips - <b>Evening:</b> Plain Greek Yogurt & honey	<b>17</b> Snack 10:00 a.m. 20 Grapes & 1oz Cheese <b>Afterschool Snack:</b> Baked Lays - - <b>Evening:</b> Fruit Cocktail -	<b>18</b> Snack 10:00 a.m. 100 Calorie Cookies <b>Afterschool Snack:</b> Cheddar Goldfish - - <b>Evening:</b> 20 Grapes & 1 oz Cheese
<b>19</b> Snack: 10:00 a.m. 100 Calorie Pack of Cookies <b>Afterschool Snack:</b> Whole Grn Animal Crack. - <b>Evening:</b> Nature Valley Bar	<b>20</b> Snack: 10:00 a.m. Yogurt <b>Afterschool Snack:</b> 100 Cal PopCorn - <b>Evening:</b> Baby Carrots & Hummus	<b>21</b> Snack: 10:00 a.m. Trail Mix - - <b>Afterschool Snack:</b> Celery and 1T Peanut Butter <b>Evening:</b> Cereal & Milk	<b>22</b> Snack: 10:00 a.m. Sunflower Seeds - - <b>Afterschool Snack:</b> 100 Calorie Cheez-It <b>Evening:</b> 1T Peanutbutter & Rice Cake	<b>23</b> Snack: 10:00 a.m. 1 Hard Boiled Egg & 1 Fruit <b>Afterschool Snack:</b> Baby Carrots/ Lt Ranch & Skim Milk - <b>Evening:</b> Lemon Cookies	<b>24</b> Snack 10:00 a.m. 20 Grapes & 1 Slice of Cheese <b>Afterschool Snack:</b> 100 Calorie Pack of Cookies <b>Evening:</b> Yogurt & Fruit	<b>25</b> Snack 10:00 a.m. Mozzeralla Cheese Stick - <b>Afterschool Snack:</b> Whole Grain SunChips - <b>Evening:</b> Baked Lays
<b>26</b> Snack: 10:00 a.m. Nature Valley Bar - <b>Afterschool Snack:</b> 100 Cal Popcorn - <b>Evening:</b> Yogurt	<b>27</b> Snack: 10:00 a.m. Plain Greek Yogurt & Honey <b>Afterschool Snack:</b> Bug Bites - <b>Evening:</b> 100 Calorie Pretzels	<b>28</b> Snack: 10:00 a.m. Apple Slices & Caramel <b>Afterschool Snack:</b> Choice of cheese stick or yogurt - <b>Evening:</b> 2 oz Deli turkey & 1 Slice of Cheese	<b>29</b> Snack: 10:00 a.m. Celery & 1T Peanut Butter <b>Afterschool Snack:</b> Trail Mix - - <b>Evening:</b> Snackwells Cookies	<b>30</b> Snack: 10:00 a.m. Yogurt - <b>Afterschool Snack:</b> Whole Grain SunChips - <b>Evening:</b> Plain Greek Yogurt & honey	<b>31</b> Snack 10:00 a.m. 20 Grapes & 1oz Cheese <b>Afterschool Snack:</b> Baked Lays - - <b>Evening:</b> Fruit Cocktail -	

USDA is an equal opportunity provider and employer.

Menu items are subject to change without notice.