

January

2021



Metz
CULINARY MANAGEMENT

Winchester 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

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

USDA is an equal opportunity provider and employer.

Menu items are subject to change without notice.