

June

2022



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)

Drew Landenburger, MS, CNS
Dietitian

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Richmond Kitchen
(804) 674-8888 ext. 5133

Jasmine Curtis
Kitchen Manager Berryville
(540) 955-2400 ext. 7210

Lucinda Windham, RD, GM

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(540) 597-6336

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