

July

2022



# Winchester Snacks

**Snack**

**Snack 1 - Is the afterschool USDA snack.**  
**Snack 2 - Is the evening snack**

**If you have special requests or concerns, please ask your server or see contact information below.**

Sunday July 31st	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
- - - <b>Snack 1:</b> Graham Crackers Peanut Butter - <b>Snack 2:</b> Oreos - -					- - - <b>Snack 1:</b> Bug Bites Peanutbutter - <b>Snack 2:</b> Ritz Bitz - -	- - - <b>Snack 1:</b> Grape Uncrustable - <b>Snack 2:</b> Popcorn - -
<b>3</b> - - <b>Snack 1:</b> Graham Crackers Peanut Butter - <b>Snack 2:</b> Oreos - -	<b>4</b> - - <b>Snack 1:</b> Goldfish Fruit Punch Box - <b>Snack 2:</b> Zapps Chips - -	<b>5</b> - - <b>Snack 1:</b> Cereal Bar Milk - <b>Snack 2:</b> Oatmeal Cream Pie - -	<b>6</b> - - <b>Snack 1:</b> Sunchips 1% White Milk - <b>Snack 2:</b> Doritos - -	<b>7</b> - - <b>Snack 1:</b> Cheese stick & Crackers - <b>Snack 2:</b> Cheese It Snapped - -	<b>8</b> - - <b>Snack 1:</b> Cheez-It Crackers Fruit Punch Box - <b>Snack 2:</b> Cheetos - -	<b>9</b> - - <b>Snack 1:</b> Grape Uncrustable - <b>Snack 2:</b> Oatmeal Cream Pie - -
<b>10</b> - - <b>Snack 1:</b> Graham Crackers Peanut Butter - <b>Snack 2:</b> Oreos - -	<b>11</b> - - <b>Snack 1:</b> Goldfish Fruit Punch Box - <b>Snack 2:</b> Lays Potato Chips - -	<b>12</b> - - <b>Snack 1:</b> Cereal Bar 1% White Milk - <b>Snack 2:</b> Rice Krispie Treat - -	<b>13</b> - - <b>Snack 1:</b> Cinnamon Toast Crunch White Milk - <b>Snack 2:</b> Doritos - -	<b>14</b> - - <b>Snack 1:</b> Pretzels Applesauce - <b>Snack 2:</b> Cheddar Chex Mix - -	<b>15</b> - - <b>Snack 1:</b> Bug Bites Peanut Butter - <b>Snack 2:</b> Ritz Bitz - -	<b>16</b> - - <b>Snack 1:</b> Grape Uncrustables - <b>Snack 2:</b> Popcorn - -
<b>17</b> - - <b>Snack 1:</b> Graham Crackers Peanut Butter - <b>Snack 2:</b> Oreos - -	<b>18</b> - - <b>Snack 1:</b> Goldfish Fruit Punch Box - <b>Snack 2:</b> Zapps Chips - -	<b>19</b> - - <b>Snack 1:</b> Cereal Bar Milk - <b>Snack 2:</b> Oatmeal Cream Pie - -	<b>20</b> - - <b>Snack 1:</b> Sunchips 1% White Milk - <b>Snack 2:</b> Doritos - -	<b>21</b> - - <b>Snack 1:</b> Cheesestick & Crackers - <b>Snack 2:</b> Cheese It Snapped - -	<b>22</b> - - <b>Snack 1:</b> Cheez-It Crackers Fruit Punch Box - <b>Snack 2:</b> Cheetos - -	<b>23</b> - - <b>Snack 1:</b> Grape Uncrustable - <b>Snack 2:</b> Oatmeal Cream Pie - -
<b>24</b> - - <b>Snack 1:</b> Graham Crackers Peanut Butter - <b>Snack 2:</b> Oreos - -	<b>25</b> - - <b>Snack 1:</b> Goldfish Fruit Punch Box - <b>Snack 2:</b> Lays Potato Chips - -	<b>26</b> - - <b>Snack 1:</b> Cereal Bar 1% White Milk - <b>Snack 2:</b> Rice Krispie Treat - -	<b>27</b> - - <b>Snack 1:</b> Cinnamon Toast Crunch White Milk - <b>Snack 2:</b> Doritos - -	<b>28</b> - - <b>Snack 1:</b> Pretzels Applesauce - <b>Snack 2:</b> Cheddar Chex Mix - -	<b>29</b> - - <b>Snack 1:</b> Bug Bites Peanut Butter - <b>Snack 2:</b> Ritz Bitz - -	<b>30</b> - - <b>Snack 1:</b> Grape Uncrustable - <b>Snack 2:</b> Oatmeal Cream Pie - -

Dietitian  
 andrew.c.landenburzer@grafton.org  
 540-955-2400 ext 7244

**Lucinda Windham, RD, GM**  
[lucinda.a.windham@grafton.org](mailto:lucinda.a.windham@grafton.org)  
 (540) 597-6336