

July

2022



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)

Drew Landenburger, MS, CNS
Dietitian
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Richmond Kitchen
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Jasmine Curtis
Kitchen Manager Berryville
(540) 955-2400 ext. 7210

Lucinda Windham, RD, GM
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(540) 597-6336

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