

August

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
(804) 674-8888 ext. 5133

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

Lucinda Windham, RD, GM
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Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Snack 10:00 a.m. Mozzeralla Cheese Stick - Afterschool Snack: Whole Grain SunChips - Evening: Baked Lays -	2 Snack: 10:00 a.m. Nature Valley Bar - Afterschool Snack: 100 Cal Popcorn - Evening: Yogurt -	3 Snack: 10:00 a.m. Plain Greek Yogurt & Honey - Afterschool Snack: Bug Bites - Evening: 100 Calorie Pretzels -	4 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 -	5 Snack: 10:00 a.m. Celery & 1T Peanut Butter Afterschool Snack: Trail Mix - Evening: Snackwells Cookies -	6 Snack: 10:00 a.m. Yogurt - Afterschool Snack Whole Grain SunChips - Evening: Plain Greek Yogurt & Honey -
7	8	9	10	11	12	13
Snack 10:00 a.m. 20 Grapes & 1oz cheese Afterschool Snack: Baked Lays - Evening: Fruit Cocktail -	Snack 10:00 a.m. 100 Calorie Cookies Afterschool Snack: Cheddar Goldfish - Evening: 20 Grapes & 1 oz Cheese -	Snack: 10:00 a.m. 100 Calorie Pack of Cookies - Afterschool Snack: Whole Grn Animal Crack. - Evening: Nature Valley Bar -	Snack: 10:00 a.m. Yogurt - Afterschool Snack: 100 Cal PopCorn - Evening: Baby Carrots & Hummus -	Snack: 10:00 a.m. Trail Mix - Afterschool Snack: Celery & 1T Peanut Butter - Evening: Cereal & Milk -	Snack: 10:00 a.m. Sunflower Seeds - Afterschool Snack: 100 Calorie Cheez-It - Evening: 1T Peanut Butter & Rice Cake -	Snack: 10:00 a.m. 1 Hard Boiled Egg & 1 Fruit Afterschool Snack: Baby Carrots/Light Ranch & Skim Milk - Evening: Lemon Cookies -
14	15	16	17	18	19	20
Snack 10:00 a.m. 20 Grapes & 1 Slice of Cheese Afterschool Snack: 100 Calorie Pack of Cookies - Evening: Yogurt & Fruit -	Snack 10:00 a.m. Mozzeralla Cheese Stick - Afterschool Snack: Whole Grain SunChips - Evening: Baked Lays -	Snack: 10:00 a.m. Nature Valley Bar - Afterschool Snack: 100 Cal Popcorn - Evening: Yogurt -	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 Grain SunChips - Evening: Plain Greek Yogurt & honey -
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28	29	30	31			
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