

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