

November 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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(540) 597-6336

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