

December 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**)

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