

March

2023



Metz
CULINARY MANAGEMENT

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
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Kitchen Manager Richmond
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James DeGaetano
Kitchen Manager Berryville
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Lucinda Windham, RD, GM
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(540) 597-6336

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

10:00 a.m.
Danimals
Yogurt
Afterschool Snack:
Power Snacks
Tropical Trail Mix
Evening:
Giant Graham
Cinnamon Goldfish

10:00 a.m.
Banana
Afterschool Snack:
Rold Gold Tiny Twist
Pretzels (1oz)
Evening:
Cocoa Crispy Bites

10:00 a.m.
1oz Cinnamon
Toast Crunch
Afterschool Snack:
Baked Lays (.875 oz)
Evening:
Darlington Chocolate
Chip Cookie

10:00 a.m.
Apple
Afterschool Snack:
Power Snacks Sweet
Trail Mix
Evening:
Darlington Farms
Sugar Free Lemon Cookie

10:00 a.m.
Quacker Caramel
Rice Cakes (1oz)
Afterschool Snack:
Crispy
Granola Bites
Evening:
1 String Cheese
Stick

10:00 a.m.
2 Graham Crackers w/
1oz Cream Cheese
Afterschool Snack:
Scooby Doo
Fruit Snacks
Evening:
Deli Roll Up
(2 slices lunchmeat,
1 slice cheese)

10:00 a.m.
1/2 Pint
Chocolate Milk
Afterschool Snack:
Orange
Evening:
Cinnamon Crispy Bite
Cookies

10:00 a.m.
Danimals
Yogurt
Afterschool Snack:
Power Snacks
Tropical Trail Mix
Evening:
Giant Graham
Cinnamon Goldfish

10:00 a.m.
Banana
Afterschool Snack:
Rold Gold Tiny Twist
Pretzels (1oz)
Evening:
Cocoa Crispy Bites

10:00 a.m.
1oz Cinnamon
Toast Crunch
Afterschool Snack:
Baked Lays (.875 oz)
Evening:
Darlington Chocolate
Chip Cookie

10:00 a.m.
Hard Boiled Egg &
Tropical Fruit Cup
Afterschool Snack:
Welches Fruit Snacks
Evening:
Smartfood White
Cheddar (.625oz)

10:00 a.m.
Chewy Choc Chip
Granola Bar
Afterschool Snack:
10 Baby Carrots w/
Hidden Valley Light
Ranch (1oz)
Evening:
Garden Salsa
Sunchips (1oz)

10:00 a.m.
100% Orange Juice
Juice Box
Afterschool Snack:
Pop Corners
Sweet & Salty (1oz)
Evening:
Celery & 1T Peanutbutter

10:00 a.m.
Fig Newtons (1oz)
Afterschool Snack:
Baked Cheddar Goldfish
(.75oz)
Evening:
Cheese & Crackers
(4 crackers & 1 slice cheese)

10:00 a.m.
Peanut Butter Crunch
Nature Valley Bar
Afterschool Snack:
Pretzel Goldfish (.75oz)
Evening:
2 Oreos

10:00 a.m.
20 Grapes &
1 Slice of Cheese
Afterschool Snack:
Lays Classic (1/2 oz)
Evening:
4 Apple Wedges &
1T Peanutbutter

10:00 a.m.
Chobani 4oz
Greek Yogurt
Afterschool Snack:
Roasted Sunflower
Seeds (1/2 oz)
Evening:
Pop corners
White Cheddar (1oz)

10:00 a.m.
Apple
Afterschool Snack:
Power Snacks Sweet
Trail Mix
Evening:
Darlington Farms
Sugar Free Lemon Cookie

10:00 a.m.
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Afterschool Snack:
Crispy
Granola Bites
Evening:
1 String Cheese
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10:00 a.m.
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1oz Cream Cheese
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Fruit Snacks
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