

March

2023



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  
540-955-2400 ext. 7244  
[andrew.c.landenburger@graffton.org](mailto:andrew.c.landenburger@graffton.org)

**Craig Spoor**  
Richmond Kitchen  
(804) 674-8888 ext. 5133

**James DeGaetano**  
Kitchen Manager Berryville  
(540) 955-2400 ext. 7210

**Lucinda Windham, RD, GM**  
[lucinda.a.windham@graffton.org](mailto:lucinda.a.windham@graffton.org)  
(540) 597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> - 10:00 a.m. Plain Greek Yogurt & Honey Afterschool Snack: Bug Bites - Evening 100 Calorie Pretzels -	<b>2</b> - 10:00 a.m. Apple Slices & Caramel - Afterschool Snack Choice of cheese stick or yogurt Evening 2oz deli turkey & 1 slice cheese -	<b>3</b> - 10:00 a.m. Apple - Afterschool Snack: Power Snacks Sweet Trail Mix Evening: Darlington Farms Sugar Free Lemon Cookie -	<b>4</b> - 10:00 a.m. Quacker Caramel Rice Cakes (1oz) Afterschool Snack: Crispy Granola Bites Evening: 1 String Cheese Stick -
<b>5</b> - 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)	<b>6</b> - 10:00 a.m. 1/2 Pint Chocolate Milk Afterschool Snack: Orange Evening: Cinnamon Crispy Bite Cookies	<b>7</b> - 10:00 a.m. Danimals Yogurt Afterschool Snack: Power Snacks Tropical Trail Mix Evening: Giant Graham Cinnamon Goldfish	<b>8</b> - 10:00 a.m. Banana - Afterschool Snack: Rold Gold Tiny Twist Pretzels (1oz) Evening: Cocoa Crispy Bites	<b>9</b> - 10:00 a.m. 1oz Cinnamon Toast Crunch Afterschool Snack: Baked Lays (.875 oz) - Evening: Darlington Chocolate Chip Cookie	<b>10</b> - 10:00 a.m. Hard Boiled Egg & Tropical Fruit Cup Afterschool Snack: Welches Fruit Snacks Evening: Smartfood White Cheddar (.625oz) -	<b>11</b> - 10:00 a.m. Chewy Choc Chip Granola Bar Afterschool Snack: 10 Baby Carrots w/ Hidden Valley Light Ranch Ranch (1oz) Evening: Garden Salsa Sunchips (1oz)
<b>12</b> - 10:00 a.m. 100% Orange Juice Juice Box Afterschool Snack: Pop Corners Sweet & Salty (1oz) Evening: Celery & 1T Peanutbutter	<b>13</b> - 10:00 a.m. Fig Newtons (1oz) - Afterschool Snack: Baked Cheddar Goldfish (.75oz) Evening: Cheese & Crackers (4 crackers & 1 slice cheese)	<b>14</b> - 10:00 a.m. Peanut Butter Crunch Nature Valley Bar Afterschool Snack: Pretzel Goldfish (.75oz) Evening: 2 Oreos	<b>15</b> - 10:00 a.m. 20 Grapes & 1 Slice of Cheese Afterschool Snack: Lays Classic (1/2 oz) Evening: 4 Apple Wedges & 1T Peanutbutter	<b>16</b> - 10:00 a.m. Chobani 4oz Greek Yogurt Afterschool Snack: Roasted Sunflower Seeds (1/2 oz) Evening: Pop corners White Cheddar (1oz)	<b>17</b> - 10:00 a.m. Apple - Afterschool Snack: Power Snacks Sweet Trail Mix Evening: Darlington Farms Sugar Free Lemon Cookie	<b>18</b> - 10:00 a.m. Quacker Caramel Rice Cakes (1oz) Afterschool Snack: Crispy Granola Bites Evening: 1 String Cheese Stick
<b>19</b> - 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)	<b>20</b> - 10:00 a.m. 1/2 Pint Chocolate Milk Afterschool Snack: Orange Evening: Cinnamon Crispy Bite Cookies	<b>21</b> - 10:00 a.m. Danimals Yogurt Afterschool Snack: Power Snacks Tropical Trail Mix Evening: Giant Graham Cinnamon Goldfish	<b>22</b> - 10:00 a.m. Banana - Afterschool Snack: Rold Gold Tiny Twist Pretzels (1oz) Evening: Cocoa Crispy Bites	<b>23</b> - 10:00 a.m. 1oz Cinnamon Toast Crunch Afterschool Snack: Baked Lays (.875 oz) - Evening: Darlington Chocolate Chip Cookie	<b>24</b> - 10:00 a.m. Hard Boiled Egg & Tropical Fruit Cup Afterschool Snack: Welches Fruit Snacks Evening: Smartfood White Cheddar (.625oz)	<b>25</b> - 10:00 a.m. Chewy Choc Chip Granola Bar Afterschool Snack: 10 Baby Carrots w/ Hidden Valley Light Ranch Ranch (1oz) Evening: Garden Salsa Sunchips (1oz)
<b>26</b> - 10:00 a.m. 100% Orange Juice Juice Box Afterschool Snack: Pop Corners Sweet & Salty (1oz) Evening: Celery & 1T Peanutbutter	<b>27</b> - 10:00 a.m. Fig Newtons (1oz) - Afterschool Snack: Baked Cheddar Goldfish (.75oz) Evening: Cheese & Crackers (4 crackers & 1 slice cheese)	<b>28</b> - 10:00 a.m. Peanut Butter Crunch Nature Valley Bar Afterschool Snack: Pretzel Goldfish (.75oz) Evening: 2 Oreos	<b>29</b> - 10:00 a.m. 20 Grapes & 1 Slice of Cheese Afterschool Snack: Lays Classic (1/2 oz) Evening: 4 Apple Wedges & 1T Peanutbutter	<b>30</b> - 10:00 a.m. Chobani 4oz Greek Yogurt Afterschool Snack: Roasted Sunflower Seeds (1/2 oz) Evening: Pop corners White Cheddar (1oz)	<b>31</b> - 10:00 a.m. Apple - Afterschool Snack: Power Snacks Sweet Trail Mix Evening: Darlington Farms Sugar Free Lemon Cookie	