

May

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  
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Craig Spoor  
Richmond Kitchen  
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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. Fig Newtons (1oz) - Afterschool Snack: Baked Cheddar Goldfish (.75oz) - Evening: Cheese & Crackers (4 Crackers, 1 slice Cheese)	10:00 a.m. Peanutbutter 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. Quaker 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 oz 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. Quaker Caramel Rice Cakes (1oz) Afterschool Snack: Crispy Granola Bites - Evening: 1 String Cheese Stick -						
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