

# September 2023



## Snack, 100 Calorie

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

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Menu items are subject to change without notice.