

April

2024



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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Calendar grid showing daily snack options from Sunday to Saturday, including 10:00 a.m. snacks, afterschool snacks, and evening snacks.