

July

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