

October 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**)

If you have special requests or concerns, please ask your server

Drew Landenburger, MS, CNS  
Dietitian  
540-955-2400 ext. 7244  
[andrew.c.landenburger@grafton.org](mailto:andrew.c.landenburger@grafton.org)

Keaton Contini  
Kitchen Manager, Richmond  
(804) 674-8888 ext. 5133

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

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

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

USDA is an equal opportunity provider and employer.

Menu Subject to Change Due to Product Availability