

# November 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

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

USDA is an equal opportunity provider and employer.

Menu Subject to Change Due to Product Availability