November 2026

Metz CULINARY MANAGEMENT

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

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

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USDA is an equal opportunity provider and employer.

Menu Subject to Change Due to Prduct Availability