



September 2022

MOST AFTERSCHOOL PROGRAM SNACK MENU



MON	TUES	WED	THURS	FRI
		31	1	2 No School
5 LABOR DAY No School	6 No School	7 Whole Grain Muffin Mozzarella String Cheese Granny Smith Apple	8 Protein Benefit Bar Go-Gurt Tube Orange Slices	9 Whole Grain Pretzels Cubed Cheese Watermelon Chunks
12 Whole Grain Goldfish Crackers Go-Gurt Tube Applesauce	13 Whole Grain Graham Cracker 100% Fruit Juice Raisins	14 Whole Grain Chex-Mix Mozzarella String Cheese Fresh Strawberries	15 Oatmeal Cinnamon Round Applesauce Fresh Banana	16 Whole Grain Cheez-Its Cubed Cheese Juicy Red Grapes
19 Whole Grain Muffin Go-Gurt Tube Orange Slices	20 Baked Scoop Chips Hummus Dipping Cup Cucumber Coins	21 Scooby Snacks Go-Gurt Tube Red Delicious Apple	22 Whole Grain Bagel w/ Cream Cheese 100% Fruit Juice Melon Cup	23 Whole Grain Goldfish Crackers Fresh Strawberries Applesauce
26 Whole Grain Chex-Mix Mozzarella String Cheese Cucumber Coins	27 Whole Grain Muffin Go-Gurt Tube Fresh Pear	28 Whole Grain Pretzels 100% Fruit Juice Baby Carrot Sticks	29 Protein Benefit Bar Raisins Fresh Pineapple	30 Whole Grain Graham Cracker Go-Gurt Juicy Red Grapes

Menus are subject to change.

School Meals are
FREE for ALL
students!



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opportunity providers

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