

Afterschool & Head Start Snack Menu

October 2017

2

Whole Grain
Trix Cereal Bar

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

3

Whole Grain
Chz-it Cracker

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

4

Fresh Baby Carrots

Fat Free Buttermilk
Ranch Dip

Whole Grain Jungle
Crackers

5

Fresh Apple

Reduced Fat
Cheddar Cheese
Cubes

6

Whole Grain
Froot Loops Pouch

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

9

Chocolate Chip
Oatmeal Bar

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

10

Fresh Baby Carrots

Fat Free Buttermilk
Ranch Dip

Whole Grain Jungle
Crackers

11

Whole Grain
Cinnamon Toast
Crunch Cereal Bar

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

12

Danimal Vanilla
Yogurt

Whole Grain
Goldfish Pretzels

13

No School

16

Whole Grain
Goldfish Pretzels

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

17

Fresh Pear

Colby Jack Cheese
Stick

18

Danimal Vanilla
Yogurt

Whole Grain
Vanilla Graham Dots

19

Whole Grain
Chz-it Cracker

Reduced Fat
Mozzarella Cheese
Stick

20

Whole Grain
Coco Puffs Cereal Bar

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

23

Whole Grain
Frosted Flakes Pouch

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

24

Fresh Baby Carrots

Fat Free Buttermilk
Ranch Dip

Colby Jack Cheese
Stick

25

Fresh Apple

Whole Grain
Cheddar Goldfish

26

Heartzel Pretzels

Reduced Fat
Mozzarella Cheese
Stick

27

Whole Grain
Trix Cereal Bar

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

30

Whole Grain
Snack Mix

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

31

Whole Grain
Strawberry Yogurt
Chex Mix

Reduced Fat
Mozzarella Cheese
Stick

1

Fresh Sliced
Cucumbers

Fat Free Buttermilk
Ranch Dip

Whole Grain
Chz-its Cracker

2

Fresh Pear

Reduced Fat
Mozzarella Cheese
Stick

3

Whole Grain
Cinnamon Toast
Crunch Cereal Bar

Choice of:
1% Unflavored Milk
Skim Unflavored Milk
Skim Chocolate Milk

Afterschool Programs...

Play an important role in the fight against childhood obesity, by providing physical activity, nutrition education, healthy role models and yes healthy snacks!

Need a snack...

If your group needs a snack and offers an after school enrichment program?

Visit our webpage at <https://www.sdb.k12.wi.us>.

Forms are located under the Menu icon.

Need more information email foodservice@beloitschool.net