

# Afterschool & Head Start Snack Menu

November 2017

30

Whole Grain  
Snack Mix

Choice of:  
1% Unflavored Milk  
Skim Unflavored 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

*No School*

6

Whole Grain  
Trix Cereal Bar

Choice of:  
1% Unflavored Milk  
Skim Unflavored Milk

7

Whole Grain  
Chz-it Cracker

Choice of:  
1% Unflavored Milk  
Skim Unflavored Milk

8

Fresh Baby Carrots

Fat Free Buttermilk  
Ranch Dip

Whole Grain Jungle  
Crackers

9

Fresh Apple

Reduced Fat  
Cheddar Cheese  
Cubes

10

*No School*

13

Chocolate Chip  
Oatmeal Bar

Choice of:  
1% Unflavored Milk  
Skim Unflavored Milk

14

Fresh Baby Carrots

Fat Free Buttermilk  
Ranch Dip

Whole Grain Jungle  
Crackers

15

Whole Grain  
Cinnamon Toast  
Crunch Cereal Bar

Choice of:  
1% Unflavored Milk  
Skim Unflavored Milk

16

Danimal Vanilla  
Yogurt

Whole Grain  
Goldfish Pretzels

17

Fresh Apple

Reduced Fat  
Mozzarella Cheese  
Stick

20

Whole Grain  
Goldfish Pretzels

Choice of:  
1% Unflavored Milk  
Skim Unflavored Milk

21

Fresh Pear

Colby Jack Cheese  
Stick

22

*No School*

23

*No School*

24

*No School*

27

Whole Grain  
Frosted Flakes Pouch

Choice of:  
1% Unflavored Milk  
Skim Unflavored Milk

28

Fresh Baby Carrots

Fat Free Buttermilk  
Ranch Dip

Colby Jack Cheese  
Stick

29

Fresh Apple

Whole Grain  
Cheddar Goldfish

30

Heartzel Pretzels

Reduced Fat  
Mozzarella Cheese  
Stick

1

Whole Grain  
Trix Cereal Bar

Choice of:  
1% Unflavored Milk  
Skim Unflavored 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](mailto:foodservice@beloitschool.net)*