

AFTER SCHOOL MEAL MENU / JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1.	2.	3.
6. Pepperoni Hot Pocket – 2 oz. (M/MA), 1 oz (WG) Marinara Sauce – 2 oz. (V) Fresh Banana – 1 whole (F) Milk – 8 oz. (MK)	7. Beef, Bean & Cheese Burrito – 2 oz (M/MA), 1 oz (WG) Salsa – 2 oz. (V) Fresh Apple Slices – 2 oz. (F) Raisins – 1.5 oz (F) Milk – 8 oz. (MK)	8. Pancake on a Stick – 1 oz. (M), 2 oz (WG) Cheese Stick – 1 oz (MA) Juice Box – 4 oz (V) Fresh Orange – 1 whole (F) Milk – 8 oz. (MK)	9. Peanut Butter – 3/75 oz. (M) Saltine Crackers 5/2 PK- 1 oz. (WG) Strawberry Applesauce – 4 oz. (F) Fresh Celery Sticks (4) – 2 oz (V) Milk – 8 oz. (MK)	10. PB&J Sandwich – 2 oz. (M/MA) 1 oz. (WG) Fresh Banana – 1 whole (F) Fresh Carrotinis – 1.6 oz (V) Ranch Dressing – 1 oz (X) Bug Bite – 1 oz. (X) Milk – 8 oz. (MK)
13. S & B Yogurt – 1 oz (MA) Cheese Stick – 1 oz (MA) Muffin / Banana or Blueberry – 2 oz (WG) Fresh Apple Slices – 2 oz. (F) Juice Box – 4 oz (V) Milk – 8 oz. (MK)	14. Corndog – 2 oz. (M), 1 oz. (WG) Fresh Orange – 1 whole. (F) Fresh Carrotinis – 1.6 oz (V) Mustard/Ketchup Pkt – (X) Milk – 8 oz (MK)	15. Cereal – 1 oz. (WG) S & B Yogurt – 1 oz. (MA) Cheese Stick – 1 oz (MA) Fresh Banana – 1 whole (F) Juice Box – 4 oz (V) Granola Bar – 1 oz. (WG) Milk – 8 oz. (MK)	16. PB&J Sandwich – 2 oz. (M/MA) 1 oz. (WG) Fresh Banana – 1 whole (F) Fresh Carrotinis – 1.6 oz (V) Ranch Dressing – 1 oz. (X) Zoo Cracker – 1 oz. (X) Milk – 8 oz. (MK)	17. NO SCHOOL
20. NO SCHOOL	21. Pepperoni Hot Pocket – 2 oz. (M/MA), 1 oz (WG) Marinara Sauce – 2 oz. (V) Fresh Banana – 1 whole (F) Milk – 8 oz. (MK)	22. Pancake on a Stick – 1 oz. (M), 2 oz (WG) Cheese Stick – 1 oz (MA) Fresh Carrotinis – 1.6 oz (V) Ranch Dressing – 1 oz. (X) Fresh Orange – 1 whole (F) Milk – 8 oz. (MK)	23. S & B Yogurt – 1 oz (MA) Roasted Peanuts – 1 oz (MA) Muffin / Banana or Blueberry – 2 oz (WG) Fresh Apple Slices – 2 oz. (F) Juice Box – 4 oz (V) Milk – 8 oz. (MK)	24. PB&J Sandwich – 2 oz. (M/MA) 1 oz. (WG) Fresh Banana – 1 whole (F) Fresh Carrotinis – 1.6 oz (V) Ranch Dressing – 1 oz (X) Bug Bite – 1 oz. (X) Milk – 8 oz. (MK)
27. Corndog – 2 oz. (M), 1 oz. (WG) Fresh Orange – 1 whole. (F) Fresh Carrots – 1.6 oz (V) Mustard/Ketchup Pkt – (X) Milk – 8 oz. (MK)	28. Cereal – 1 oz. (WG) S & B Yogurt – 1 oz. (MA) Cheese Stick – 1 oz (MA) Fresh Banana – 1 whole (F) Juice Box – 4 oz (V) Granola Bar – 1 oz. (WG) Milk – 8 oz. (MK)	29. Pepperoni Hot Pocket – 2 oz. (M/MA), 1 oz (WG) Marinara Sauce – 2 oz. (V) Fresh Banana – 1 whole (F) Milk – 8 oz. (MK)	30. Pancake on a Stick – 1 oz. (M), 2 oz (WG) Cheese Stick – 1 oz (MA) Juice Box – 4 oz (V) Fresh Orange – 1 whole (F) Milk – 8 oz. (MK)	31. PB&J Sandwich – 2 oz. (M/MA) 1 oz. (WG) Fresh Banana – 1 whole (F) Fresh Carrotinis – 1.6 oz (V) Ranch Dressing – 1 oz (X) Bug Bite – 1 oz. (X) Milk – 8 oz. (MK)

Menu Subject to Change

This Institution is an Equal Opportunity Provider