

**2022-2023****After School Snacks**

Minimum daily serving = 2 components

G/B 1oz – MM/A 1oz – F F/V ¾ c—MILK 8oz

**Cycle Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
WG Cereal bar 1G/B  Dried Fruit ¾ C F/V	Bug bites 1G/B  6oz 100% Juice ¾ C F/V	MJM graham 1 G/B  Cheese Stick 1 MM/A	WG cereal bowl 1oz 1 G/B  Milk 8oz	Assorted Snacks   6oz 100% Juice ¾ C F/V
MJM Graham 1 G/B  Milk 8oz	WG Goldfish Crackers 1 G/B  6oz 100% Juice ¾ C F/V	WG Cheeze It Crackers 1 G/B  Cheese Stick 1 MM/A	WG Brownie 1 G/B  Milk 8oz	Assorted Snacks   6oz 100% Juice ¾ C F/V
WG Chex Mix 1G/B  Milk 8oz	Cinnamon Bug Bites 1G/B  6oz 100% Juice ¾ C F/V	Baked Chips 1 G/B  Cheese Stick 1 MM/A	WG Chocolate Chip Cookie 1 G/B  Milk 8oz	Assorted Snacks   6oz 100% Juice ¾ C F/V
Cereal on the Go 1 G/B 1OZ  Milk 8oz	WG Cheeze It Crackers 1 G/B  6oz 100% Juice ¾ C F/V	Baby carrots ¾ C F/V  Peanut butter cup 1 MM/A	Cheese stick 1MM/A  Dried fruit ¾ C F/V	Assorted Snacks   6oz 100% Juice ¾ C F/V

MENU SUBJECT TO CHANGE