

# After School Super Snack Menu HS

# February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1 30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Goldfish Pretzels WG (1G) Dannon Yogurt 4 oz (1M) Cheese Stick (1M) Raisins (1/2C) Cherry Tomato (1/2C)  1% Low fat Milk (8oz)	Assorted Cereal WG (1G) Dannon Yogurt 4 oz (1M) Apple (1/2C) Celery (1/2C) Peanut Butter 2T (1M) 1 % Low fat Milk (8oz)	Cheez its WG (1G) Ham Bites 1.5oz (1M) Cheese Stick (1M) Orange(1/2C) Baby Carrots(1/2C) 1 % Low fat Milk (8 oz)	Chex Mix WG (1G) Cheese Stick (1M) Yogurt 4oz (1M) Apple (1/2C) Celery (1/2C)  1 % Low fat Milk (8oz)	Corn Dog WG(1G)(2M) Apple Slices (1/2C) Broccoli (1/2C)  1 % Low fat Milk (8oz)
<b>Week 2 6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
WG Goldfish Crackers (1G) Dannon Yogurt 4 oz (1M) Cheese Stick (1M) Orange(1/2C) Baby Carrots(1/2C)  1% Low fat Milk (8oz)	Tortilla Chips WG (1G) Cheese Sauce 2oz (1M) Banana (1/2C) Cherry Tomato (1/2C)  1 % Low fat Milk (8 oz)	Corn Dog WG (1G) (2M) Apple Sauce Cup (1/2C) Celery (1/2C)  1 % Low fat Milk (8 oz)	Elf Grahams WG (1G) Ham Bites 1.5oz (1M) Cheese Stick (1M) Apple Sauce Cup (1/2C) Cucumber Slices (1/2C) 1 % Low fat Milk (8 oz)	Popcorn Chicken(2M) WG Mini Saltines(1G) Apple Slices (1/2C) Broccoli (1/2C) 1 % Low fat Milk (8oz)
<b>Week 1 13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Goldfish Pretzels WG (1G) Dannon Yogurt 4 oz (1M) Cheese Stick (1M) Raisins (1/2C) Cherry Tomato (1/2C)  1% Low fat Milk (8oz)	Assorted Cereal WG (1G) Dannon Yogurt 4 oz (1M) Apple (1/2C) Celery (1/2C) Peanut Butter 2T (1M) 1 % Low fat Milk (8oz)	Cheez its WG (1G) Ham Bites 1.5oz (1M) Cheese Stick (1M) Orange(1/2C) Baby Carrots(1/2C) 1 % Low fat Milk (8 oz)	Chex Mix WG (1G) Cheese Stick (1M) Yogurt 4oz (1M) Apple (1/2C) Celery (1/2C)  1 % Low fat Milk (8oz)	Corn Dog WG(1G)(2M) Apple Slices (1/2C) Broccoli (1/2C)  1 % Low fat Milk (8oz)
<b>Week 2 20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
WG Goldfish Crackers (1G) Dannon Yogurt 4 oz (1M) Cheese Stick (1M) Orange(1/2C) Baby Carrots(1/2C)  1% Low fat Milk (8oz)	Tortilla Chips WG (1G) Cheese Sauce 2oz (1M) Banana (1/2C) Cherry Tomato (1/2C)  1 % Low fat Milk (8 oz)	Corn Dog WG (1G) (2M) Apple Sauce Cup (1/2C) Broccoli (1/2C)  1 % Low fat Milk (8 oz)	Elf Grahams WG (1G) Ham Bites 1.5oz (1M) Cheese Stick (1M) Apple Sauce Cup (1/2C) Cucumber Slices (1/2C) 1 % Low fat Milk (8 oz)	Popcorn Chicken(2M) WG Mini Saltines(1G) Apple Slices (1/2C) Broccoli (1/2C) 1 % Low fat Milk (8oz)
<b>Week 1 27</b>	<b>28</b>	<b>1</b>	<b>2</b>	<b>3</b>
Goldfish Pretzels WG (1G) Dannon Yogurt 4 oz (1M) Cheese Stick (1M) Raisins (1/2C) Cherry Tomato (1/2C)  1% Low fat Milk (8oz)	Assorted Cereal WG (1G) Dannon Yogurt 4 oz (1M) Apple (1/2C) Celery (1/2C) Peanut Butter 2T (1M) 1 % Low fat Milk (8oz)	Cheez its WG (1G) Ham Bites 1.5oz (1M) Cheese Stick (1M) Orange(1/2C) Baby Carrots(1/2C) 1 % Low fat Milk (8 oz)	Chex Mix WG (1G) Cheese Stick (1M) Yogurt 4oz (1M) Apple (1/2C) Celery (1/2C)  1 % Low fat Milk (8oz)	Corn Dog WG(1G)(2M) Apple Slices (1/2C) Broccoli (1/2C)  1 % Low fat Milk (8oz)