



Afterschool Snack Menu for All Schools (K-12)

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Juice can be a good way to get in another serving fruit- as long as it is 100% juice. Drinking 100 % juice ensures that you are getting the nutrients from the fruit and not just drinking a mixture of water, sugar, and artificial flavors and colors.</p>		1 Whole Grain Reduced Sugar Cinnamon Toast Crunch Cereal	2 Whole Grain Apple Cinnamon Muffin	3 No School
		Fresh Banana 1% Milk	100% Apple Juice	
6 No School	7 Whole Grain Goldfish Crackers w/ String Cheese 100% Orange Juice (6 oz)	8 Whole Grain Blueberry Muffin 100% Apple Juice (6 oz)	9 All Natural Yogurt Cup Wheatsworth Crackers 100% Orange Juice (6 oz)	10 Whole Grain Strawberry Zac Omega Bar 100% Apple Juice (6 oz)
13 Baked Tostitos Scoops w/ Salsa Cup 100% Apple Juice	14 Whole Wheat Bagel w/ Cream Cheese 100% Orange Juice (6 oz)	15 Whole Grain Multigrain Cheerios Cereal Fresh Banana 1% Milk	16 Whole Grain Apple Cinnamon Muffin 100% Apple Juice (6 oz)	17 Whole Grain Reduced Sugar Cinnamon Toast Crunch Cereal Fresh Banana 1% Milk
20 President's Day	21 Whole Grain Goldfish Crackers w/ String Cheese 100% Orange Juice (6 oz)	22 Whole Grain Blueberry Muffin 100% Apple Juice (6 oz)	23 All Natural Yogurt Cup Wheatsworth Crackers 100% Orange Juice (6 oz)	24 Whole Grain Apple Zac Omega Bar 100% Apple Juice (6 oz)
27 Baked Tostitos Scoops w/ Salsa Cup 100% Orange Juice (6 oz)	28 Whole Wheat Bagel w/ Cream Cheese 100% Apple Juice (6 oz)	29 Whole Grain Reduced Sugar Cinnamon Toast Crunch Cereal Fresh Banana 1% Milk		<p>"100% juice" must be stated on the label. Next time you're in the grocery store, compare the choices and make sure your favorite is 100% juice!</p>