



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Sample Before and After School Snack Menu

Day of the Week	AM Menu and Serving Size	PM Menu and Serving Size
Monday	One 1.77oz package Blueberry Breakfast Biscuit and one 8oz cup of Low-Fat Milk	Three Graham Crackers and 3/4 cup of broccoli
Tuesday	3/4cup of Whole Grain Cereal and 8oz of Low-Fat Milk	6–8 Triscuit crackers and 3/4 cup of carrots
Wednesday	One Granola Bar and cup of 8oz Low-Fat Milk	12–16 pretzels and one whole apple
Thursday	3/4cup of Whole Grain Cereal and 8oz of Low-Fat Milk	24 Cheeze It Crackers and 1oz String Cheese
Friday	3 Graham Crackers and 1 Banana	12–15 Wheat Thins and one whole apple

If a child arrives before 7 AM, add milk or fruit to AM snack schedule.

This institution is an equal opportunity provider.