



# NOVEMBER 2018 - AT-RISK AFTERSCHOOL SNACK MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/5/2018 928 PEPPERIDGE FARM WHOLE GRAIN GOLDFISH PRETZELS 444 FRUIT JUICE BLEND (6 OUNCE)	11/6/2018 930 WG CHEEZ-IT BAKED CRACKERS 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b> 	11/7/2018 942 MULTIGRAIN SUNCHIPS 440 APPLE JUICE (6 OUNCE)	11/8/2018 939 HEARTZELS PRETZELS 126 LAND O LAKES CO-JACK CHEESE STICK  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b>	11/9/2018 988 WG CINNAMON GRAHAM CRACKERS 136 RASPBERRY YOGURT  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b> 
11/12/2018 924 HARVEST CHEDDAR SUNCHIPS 440 APPLE JUICE (6 OUNCE)  <b>Veterans' Day</b>	11/13/2018 989 WHOLE GRAIN HONEY GRAHAM CRACKERS 117 SOY BUTTER CUP  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b>	11/14/2018 939 HEARTZELS PRETZELS 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b> <b>DOUBLE FOOD ORDERS DUE</b>	11/15/2018 346 CINNAMON TOAST CRUNCH CEREAL 108 8-OUNCE 1% WHITE MILK <i>or</i> 113 8-OUNCE WHITE SKIM MILK	11/16/2018 931 WHOLE GRAIN ANIMAL CRACKERS 137 PEACH YOGURT  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b>
11/19/2018 926 GARDEN SALSA SUNCHIPS 441 GRAPE JUICE (6 OUNCE)	11/20/2018 928 PEPPERIDGE FARM WHOLE GRAIN GOLDFISH PRETZELS 126 LAND O LAKES CO-JACK CHEESE STICK  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b>	11/21/2018 930 WG CHEEZ-IT BAKED CRACKERS 442 ORANGE JUICE (6 OUNCE)	11/22/2018  <b>Thanksgiving</b>	11/23/2018 991 KEEBLER MINION MADE WG HONEY GRAHAM SNACKS 134 CHERRY VANILLA YOGURT  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b>
11/26/2018 940 PRETZELS & CHEDDAR SUNCHIPS MIX 440 APPLE JUICE (6 OUNCE)	11/27/2018 941 TOSTITOS SCOOPS 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b>	11/28/2018 932 SCOOPY-DOO! CINNAMON GRAHAM CRACKER STICKS 133 STRAWBERRY BANANA YOGURT  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b> <b>DOUBLE FOOD ORDERS DUE</b> <b>WEEKS OF DEC 17 &amp; DEC 24</b>	11/29/2018 927 PEPPERIDGE FARM WHOLE GRAIN CHEDDAR GOLDFISH 126 LAND O LAKES CO-JACK CHEESE STICK  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b>	11/30/2018 934 WG DINO BITES GRAHAMS 138 BLUEBERRY YOGURT  <b>**YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</b>

**\*\*SERVE BOTH ITEMS TOGETHER, GRAIN WITH YOGURT, CHEESE OR SOY BUTTER CUP**

**REMINDER! Water must be OFFERED every day!**

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**MENU SUBJECT TO CHANGE**  
**WG = WHOLE GRAIN-RICH**