

Suggested Healthy Choices of Afterschool Snack Menus

Baked Tostitoes Chips Salsa Water	Mini Muffin Juice Water	Cereal Bar Banana Water	Sun Chips Juice (6 oz.) Water	Hot Dog Bun Water
Gold Fish Crackers Milk Water	Oatmeal Bar Juice Water	NutriGrain Bar Apple Water	Mini Loaf Milk Water	Pancake Pup Water
Hamburger Bun Water	Fresh Fruit Milk Water	Meat (whatever you have) Bread Water	Macaroni cheese Water	Corn Dog Water
Ham and Cheese Sandwich Bread Water	Mixed Fruit in Jello Cereal Bar Water	Powdered Doughnuts Fresh Fruit (1/2 cup) Water	Celery Sticks Ranch Dressing Water	Grape Tomatoes Ranch Dressing Water
Hamburger Bun Water	Banana Loaf Raisians Water	PBJ Sliced Bread Water	Garden Salad Tomatoes Water	Chicken Nuggets Yeast Roll Water