

March 2019

21st Century afterschool snack and lunch menu

LUNCH



This institution is an equal opportunity provider

Menus are subject to change



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

Bagel
Juice
Low fat cream cheese

4

Cheese Stick
Chex Mix

5

No Program

6

No Program

7

No Program

8

Muffin
Juice

11

Pop Tart
Cheese Stick

12

Yogurt
Peaches

13

Cheese Stick
Chex Mix

14

Cereal/ Milk
PB & J Crustable, Apple,
Carrot Sticks, Choice of Milk

15

Bagel
Juice
Low fat cream cheese

18

Cheese Stick
Chex Mix

19

Muffin
Juice

20

Pop Tart
Cheese Stick
Last day of Program

21

22

25

26

27

28

29