



the movement to make healthy easy

**Sample After School Snack Menu Week 1  
Limited Kitchen Facility**

**Participants Ages 6-12 Years**

Day	Sample Snack
Monday	*Apple slices (1 med.) 1% or non-fat milk (8 oz.)
Tuesday	100% grape juice (3/4 c.) Whole grain granola bar (2.2 oz.)
Wednesday	* 100% orange juice (3/4 c.) Low-fat or fat-free string cheese (1 oz.)
Thursday	Broccoli florets (3/4 c.) w/ low-fat or fat-free French salad dressing (2 tbsp.) 100% whole wheat crackers (.7 oz.) Water
Friday	*Orange (1 med.) 1% or non-fat chocolate milk (8 oz.)

**Participants Ages 13-18 Years**

Day	Sample Snack
Monday	*Apple slices (1 med.) 100% whole grain cereal (3/4 c.) + 1% or non-fat milk (8 oz.)
Tuesday	Raisins (1/4 c.) 100% whole grain granola bar (2.2 oz.) 1% or non-fat milk (8 oz.)+
Wednesday	* 100% orange juice (3/4 c.) Low-fat or fat-free string cheese (1 oz.) 100% whole wheat crackers (.7 oz.) +
Thursday	Broccoli florets (3/4 c.) w/ low-fat or fat-free French salad dressing (2 tbsp.) 100% whole wheat crackers (.7 oz.) *Turkey slices (1.6 oz.) + Water
Friday	*Orange (1 med.) Peanuts (1 oz.) + 1% or non-fat chocolate milk (8 oz.)

\*USDA Donated Commodity

+ Additional foods may be needed to meet the calorie and nutrient needs of children ages 13-18 years.

Source: [http://www.fns.usda.gov/cnd/care/Regs-Policy/Snacks/Cycle\\_Menu.htm](http://www.fns.usda.gov/cnd/care/Regs-Policy/Snacks/Cycle_Menu.htm)

