



the movement to make healthy easy

Sample After School Snack Menu Week 2
Limited Kitchen Facility

Participants Ages 6-12 Years

Day	Sample Snack
Monday	Banana (1 small) Low-fat or non-fat yogurt (4 oz.) Water
Tuesday	*Orange juice (3/4 c.) 100% whole grain bagel (.9 oz.) w/ light or fat-free cream cheese (1 tbsp.)
Wednesday	Carrot sticks/pepper strips (3/4 c.) w/ low-fat or fat-free ranch dressing (2 tbsp.) 1% or non-fat chocolate milk (8 oz.)
Thursday	100% grape juice (3/4 c.) Soft whole grain bread sticks (.9 oz.) w/ *spaghetti sauce (2 tbsp.)
Friday	Peaches (3/4 c.) 100% whole grain cereal bar (2.2 oz.) Water

Participants Ages 13-18 Years

Day	Sample Snack
Monday	Banana (1 small) Low-fat or non-fat yogurt (4 oz.) 100% whole grain cereal (3/4 c.)+ Water
Tuesday	*Orange juice (3/4 c.) 100% whole grain bagel (.9 oz.) w/ light or fat-free cream cheese (1 tbsp.) Green grapes (3/4 c.)+
Wednesday	Carrot sticks/pepper strips (3/4 c.) w/ low-fat ranch dressing (2 tbsp.) 1% or non-fat chocolate milk (8 oz.) Whole grain tortilla chips (.9 oz.) w/ *salsa (2 tbsp.) +
Thursday	100% grape juice (3/4 c.) Salad-in-a-bag: mixed salad greens (3/4 c.) w/ low-fat or fat-free Italian dressing (2 tbsp.) + Soft whole grain bread sticks (.9 oz.) w/ *spaghetti sauce (2 tbsp.)
Friday	Peaches (3/4 c.) 100% whole grain cereal bar (2.2 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