



# the movement to make healthy easy

## Sample After School Snack Menu Week 1 Traditional Kitchen Facility

### Participants Ages 6-12 Years

Day	Sample Snack
Monday	Sliced peaches (3/4 c.) 1% or non-fat milk (8 oz.)
Tuesday	*Pineapple chunks (3/4 c.) Whole grain pretzels (.45 oz.) with bean dip (1 Tbsp.) Water
Wednesday	*Apple slices (1 med.) Peanut butter (1 Tbsp.) Water
Thursday	Carrot sticks (3/4 c.) Nachos: Whole grain tortilla chips (.45 oz), low-fat or fat-free cheddar cheese (.5 oz.), *salsa (1 Tbsp.) Water
Friday	Pear slices (3/4 c.) Low-fat or non-fat cheese (.5 oz) 100% whole wheat crackers (.35 oz) Water

### Participants Ages 13-18 Years

Day	Sample Snack
Monday	Sliced peaches (3/4 c.) 1% or non-fat milk (8 oz.) Low-fat or fat-free cottage cheese (3/4 c.) +
Tuesday	*Pineapple chunks (3/4 c.) Whole grain pretzels (.45 oz.) with bean dip (1 Tbsp.) 1% or non-fat chocolate milk (8 oz.)+
Wednesday	*Apple slices (1 med.) Peanut butter (1 Tbsp.) 1% or non-fat milk (8 oz.)+
Thursday	Carrot sticks (3/4 c.) Nachos: Whole grain tortilla chips (.45 oz), low-fat or fat-free cheddar cheese (.5 oz.), *salsa (1 Tbsp.) 1% or non-fat milk (8 oz.)+
Friday	Pear slices (3/4 c.) Low-fat or non-fat cheese (.5 oz) 100% whole wheat crackers (.35 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)