



the movement to make healthy easy

Sample After School Snack Menu Week 2 Traditional Kitchen Facility

Participants Ages 6-12 Years

Day	Sample Snack
Monday	Toasted cheese & tomato sandwich (1/2 sand.): fresh tomato (1 slice), *American cheese (1 oz.), 1 slice whole grain bread Water
Tuesday	Banana (1 med.) 1% or non-fat chocolate milk (8 oz.)
Wednesday	Orange (1 med) Peanut butter mini-sandwich: 100% whole wheat bread (1/2 slice), *peanut butter (1/2 Tbsp.), reduced-sugar fruit spread (1/2 tbsp.) Water
Thursday	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.) Water
Friday	Carrot sticks (3/4 c.) Hummus (1 oz.) Water

Participants Ages 13-18 Years

Day	Sample Snack
Monday	Grapes (3/4 c.)+ Toasted cheese & tomato sandwich (1/2 sand.): fresh tomato (1 slice), *American cheese (1 oz.), 1 slice whole grain bread Water
Tuesday	Banana (1 small) 1% or non-fat chocolate milk (8 oz.) Graham crackers (0.9 oz.) +
Wednesday	Orange (1 med) Peanut butter half-sandwich: 100% whole wheat bread (1 slice), *peanut butter (1 Tbsp.), reduced-sugar fruit spread (1 tbsp.) Water
Thursday	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.) *Turkey, julienne (1.6 oz.)+ Water
Friday	Carrot sticks (3/4 c.) Hummus (1 oz.) fat chocolate milk +

*USDA Donated Commodity

+ Additional foods may be needed to meet the calorie and nutrient needs of children ages 13-18 years. For each menu, the required two components in the appropriate amounts are included. In addition, one optional food component is added for the 13-18 years age group.

Source: http://www.fns.usda.gov/cnd/care/Regs-Policy/Snacks/Cycle_Menu.htm