Kansas At-Risk Afterschool Meals Snack Menu

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Week 1 | Bagel – ½ eachMilk – 1 cupJelly – 1 Tbsp (optional) | Pear – 1 each, slicedCheese Stick – 1 oz | Grapes – ¾ cupYogurt – 4 oz | Savory Snack Crackers – approx. 7 circles (0.8 oz)Peanut Butter - 2 Tbsp | Tortilla Chips – 8 chips (1 oz)Applesauce – ¾ cup |
| Week 2 | Wheat Snack Crackers – approx. 12 each (0.8 oz)Cheese stick – 1 oz | Pita Bread – ½ pita breadOrange – 1 ¼ each | Granola – ¼ cupYogurt - 4 oz | Muffin – 1 eachMilk – 1 cup | Pretzel Sticks – 40 each100% Fruit Juice – ¾ cup |
| Week 3 | Strawberries – ¾ cupYogurt – 4 oz | Bagel – ½ eachPeanut Butter – 2 Tbsp | Cereal, dry–¾ cup or 1 ozMilk – 1 cupRaisins - ⅛ cup (optional) | Cheese snack crackers – approx. 24 each (0.8 oz)100% Fruit juice – ¾ cup | Grapes – ¾ cupCheese Stick – 1 oz |
| Week 4 | Muffin – 1 eachMilk – 1 cup | Orange – 1 ¼ eachSavory Snack Crackers – approx. 12 each (0.8 oz) | Granola – ¼ cupYogurt – 4 oz | Apple – 1 each, slicedPeanut butter – 2 Tbsp | Baby Carrots – ¼ cup100% Fruit Juice – ½ cupPretzel Sticks – 40 each |