Kansas At-Risk Afterschool Meals Snack Menu

|  | Monday | | Tuesday | | Wednesday | Thursday | Friday | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Bagel – ½ each  Milk – 1 cup  Jelly – 1 Tbsp (optional) | Pear – 1 each, sliced  Cheese Stick – 1 oz | | Grapes – ¾ cup  Yogurt – 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 bread  Orange – 1 ¼ each | | Granola – ¼ cup  Yogurt - 4 oz | | Muffin – 1 each  Milk – 1 cup | | Pretzel Sticks – 40 each  100% Fruit Juice – ¾ cup |
| Week 3 | Strawberries – ¾ cup  Yogurt – 4 oz | Bagel – ½ each  Peanut Butter – 2 Tbsp | | Cereal, dry–¾ cup or 1 oz  Milk – 1 cup  Raisins - ⅛ cup (optional) | | Cheese snack crackers – approx. 24 each (0.8 oz)  100% Fruit juice – ¾ cup | | Grapes – ¾ cup  Cheese Stick – 1 oz |
| Week 4 | Muffin – 1 each  Milk – 1 cup | Orange – 1 ¼ each  Savory Snack Crackers – approx. 12 each (0.8 oz) | | Granola – ¼ cup  Yogurt – 4 oz | | Apple – 1 each, sliced  Peanut butter – 2 Tbsp | | Baby Carrots – ¼ cup  100% Fruit Juice – ½ cup  Pretzel Sticks – 40 each |