

# Kansas At-Risk Afterschool Meals Snack Menu

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	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