



OCTOBER 2017: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	New York Thursday 5	6
Honey Roasted Sunflower Seeds	New York Apple Slices	Ranch Carrot Snackers	Rold Gold® Hartzels	Land O'Lakes® Cheddar Cheese Stick
Craisins	Blueberry Granola		Hummus Cup	Whole Grain Crackers
100% Fruit Juice & Seasonal Fresh Fruit	Milk	100% Fruit Juice & Seasonal Fresh Fruit	Milk	100% Fruit Juice & Seasonal Fresh Fruit
Columbus Day 9	10	11	New York Thursday 12	13
Upstate Farms® Yogurt	Seasonal Fresh Fruit	Land O'Lakes® Colby Cheese Stick	Back to the Roots® Cinnamon Cluster	Rold Gold® Hartzels
	Nature Valley™ Oats 'n Honey Granola Bar	Whole Grain Crackers		
100% Fruit Juice & Seasonal Fresh Fruit	Milk	100% Fruit Juice & Seasonal Fresh Fruit	Milk	100% Fruit Juice & Seasonal Fresh Fruit
16	17	18	New York Thursday 19	20
Organic Stonyfield® Yogurt	2 Fresh Bananas	Land O'Lakes® Mozzarella Cheese Stick	Back to the Roots® Organic Purple Corn Flakes	Rold Gold® Hartzels
	Apple Granola	Whole Grain Crackers		
100% Fruit Juice & Seasonal Fresh Fruit	Milk	100% Fruit Juice & Seasonal Fresh Fruit	Milk	100% Fruit Juice & Seasonal Fresh Fruit
23	24	25	New York Thursday 26	27
Honey Roasted Sunflower Seeds	New York Apple Slices	Ranch Carrot Snackers	Rold Gold® Hartzels	Land O'Lakes® Cheddar Cheese Stick
Craisins	Blueberry Granola		Hummus Cup	Whole Grain Crackers
100% Fruit Juice & Seasonal Fresh Fruit	Milk	100% Fruit Juice & Seasonal Fresh Fruit	Milk	100% Fruit Juice & Seasonal Fresh Fruit
30	Happy Halloween 31			
Upstate Farms® Yogurt	Seasonal Fresh Fruit		 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD</p>	
	Nature Valley™ Oats 'n Honey Granola Bar			
100% Fruit Juice & Seasonal Fresh Fruit	Milk			

Milk Choices

1% Low-fat
Fat Free
Fat Free Chocolate

All Fruit Offerings are 1 cup
If Juice is served there must ALSO be a Fruit

After School
Snack Menu



MENUS ARE SUBJECT TO CHANGE
SCHOOLFOOD HAS A PORK FREE MENU