

February 2020

21st Century Afternoon snack and Friday menu

LUNCH



This institution is an equal opportunity provider
Menus are subject to change



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.
Reference: USDA MyPlate

Monday

Pop Tart

3

String Cheese

Tuesday

Chex Mix

4

Juice Box

Wednesday

Yogurt

5

Rice Krispy Treat

Thursday

Baked Cheetos

6

Juice Box

Friday

Cereal/ Milk

7

PB & J Crustable, String cheese, Carrot sticks, Apple, choice of milk

Pretzel Bag

10

Juice Box

Yogurt

11

Rice Krispy Treat

Choc Chip Crisps

12

Juice Box

Apple Blueberry Bar

13

Juice Box

Cereal/ Milk

14

PB & J Crustable, String cheese, Carrot sticks, Apple, choice of milk

No School

17

Chex Mix

18

Juice Box

Yogurt

19

Rice Krispy Treat

Baked Cheetos

20

Juice Box

No Program

21

Pretzel Bag

24

Juice Box

Yogurt

25

Rice Krispy Treat

No Program

26

No Program

27

No Program

28

