



## Secondary After School Snack Biweekly Menu 2016-17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Milk	Corn Chips Capri Sun	Goldfish Graham Cracker Milk	Doritos Capri Sun	Peanut Butter Bar Milk
Doritos Milk	Cheese Cracker Capri Sun	Peanut Butter Bar Milk	Pretzels Capri Sun	Muffin Milk

**Carbohydrate Count/Allergens:**

Capri Sun - Berry flavor: 24 grams/strawberry, pear, and grape

Fruit Punch flavor - 21 grams/apple, grape, and cherry

Cereal - refer to manufacturer label

Cheese cracker - 14 grams/wheat, milk, and soy

Corn Chips - 15grams/ Corn

Doritos - 19-20 grams/corn, milk, onion, garlic MSG, tomato, & red/green pepper (Spicy Sweet Chili has soy & caramel color also).

Goldfish Graham Cracker - 19 grams/wheat, cinnamon, and soy

Milk (chocolate) - 24 grams/milk, corn syrup, and cocoa, (white)- 13 grams/milk

Muffin - 26-28 grams/milk, wheat, egg, soy, corn, cinnamon

(chocolate muffin has chocolate, banana muffin has banana, apple muffin has apple, and blueberry muffin has blueberry)

Peanut Butter Bar - 30 grams/peanut, wheat, soy, and corn

Pretzels - 16 grams/wheat, barley, milk, and corn

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Revised  
10/17/2016