



**Secondary After School
Snack Menu 2017-18**

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 Dive 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, annd 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 - 20 grams/wheat and malt

This institution is an equal opportunity provider.

Revised 3/6/2017