



Out of School Nutrition and Physical Activity Initiative

AFTERSCHOOL SNACK Sample Menu 1 (National School Lunch Program)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Light Mozzarella Cheese Stick	Baby Carrots w/ Ranch Dressing	Snyder's of Hanover Honey Whole Wheat pretzel sticks	Low-Fat Fruit Yogurt	Sensible Portions Apple Cinnamon Multigrain Crisps
Fresh Apple (sml/med)	Snyder's of Hanover Tortilla Chips	3/4 cup Pineapple Tidbits	Fresh Banana (medium)	3/4 cup Canned Pear (in juice)
Water	Blended fruit juice (4 oz)	Water	Water	Water
	Water			
Kettle PopCorners	Reduced Fat Cheddar Cheese Stick	Low Fat Milk	Sensible Portions Apple Cinnamon Multigrain Crisps	J&J 51% Whole Grain Graham Belly Bears
Fresh Orange (medium)	Fresh Apple (sml/med)	Fresh Banana (medium)	3/4 cup Canned Pear (in juice)	3/4 cup Apple Sauce
Water	Water	Water	Water	Water
Light Mozzarella Cheese Stick	Snyder's of Hanover Honey Whole Wheat pretzel sticks	Snyder's of Hanover Tortilla Chips	Kettle PopCorners	Low Fat Milk
Fresh Apple (sml/med)	3/4 cup Pineapple Tidbits	3/4 cup Apple Sauce	Fresh Orange (medium)	Fresh Banana (medium)
Water	Water	Water	Water	Water
J&J 51% Whole Grain Graham Belly Bears	Low-Fat Fruit Yogurt	Snyder's of Hanover Tortilla Chips	Sensible Portions Apple Cinnamon Multigrain Crisps	Kettle PopCorners
3/4 cup Pineapple Tidbits	Fresh Banana (medium)	Fresh Orange (medium)	3/4 cup Canned Pear (in juice)	3/4 cup Apple Sauce
Water	Water	Water	Water	Water



Harvard School of Public Health Prevention Research Center

