

# JLAS Afterschool Supper/Snack Menu April 2017

*"Winning doesn't always mean being first, winning means you're doing better than you've done before."*

Bonnie Blair



**Meal Pattern**

- 1 cup Milk
- 1/2 cup Vegetables
- 1/4 cup Fruit
- 1 Serving/slice Grains
- 2 oz Meat/Meat Alternate or
- 4 oz Cottage Cheese or
- 1 Hard Boiled Egg or
- 8 oz Yogurt or
- Equivalent Combination

**\*\*\*\*\*Snack\*\*\*\*\***

- 2 from list below are served:
- ~1 cup Milk
  - ~3/4 cup Vegetable
  - ~3/4 cup Fruit (Juice)
  - ~1 oz Grain
  - ~1 oz Meat

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>WOW! Butter &amp; Jelly Sandwich* String Cheese Carrots Apples Milk</p> <p>*****Snack*****</p> <p>100% Fruit Punch Juice CheezIts*</p>	<p>4</p> <p>Chilled Pizza*  Green Pepper Strips Peaches Milk</p> <p>*****Snack*****</p> <p>100% Apple Juice GoldFish* Crackers</p>	<p>5</p> <p>Yogurt &amp; Granola String Cheese Carrots Pears Milk</p> <p>*****Snack*****</p> <p>100% Orange Tangerine Juice Bug Bite Crackers*</p>	<p>6</p> <p>Cereal* Hard Boiled Egg Celery Mandarin Oranges Milk</p> <p>*****Snack*****</p> <p>100% Fruit Punch Juice Iced Cinnamon Bar*</p>	<p>7</p> <p>Chilled Chicken Strips* Cornbread* Grape Tomatoes Mixed Fruit Milk</p> <p>*****Snack*****</p> <p>100% Apple Juice Cinnamon Crackers*</p>
<p>10</p> <p>Chilled Pizza*  Carrots Applesauce Milk</p> <p>*****Snack*****</p> <p>100% Apple Juice Bug Bite Crackers*</p>	<p>11</p> <p>WOW! Butter &amp; Jelly Sandwich* String Cheese Celery/Carrots Peaches Milk</p> <p>*****Snack*****</p> <p>100% Fruit Punch Juice GoldFish* Crackers</p>	<p>12</p> <p>Yogurt &amp; Granola String Cheese Celery Mandarin Oranges Milk</p> <p>*****Snack*****</p> <p>100% Orange Tangerine Juice Iced Cinnamon Bar*</p>	<p>13</p> <p>Cereal* Hard Boiled Egg Grape Tomatoes Pears Milk</p> <p>*****Snack*****</p> <p>100% Fruit Punch Juice CheezIts*</p>	<p>14</p> <p style="text-align: center;"><b>No School</b> Good Friday</p>
<p>17</p> <p>Cereal* Hard Boiled Egg Carrots/Celery Applesauce Milk</p> <p>*****Snack*****</p> <p>100% Fruit Punch Juice Cinnamon Crackers*</p>	<p>18</p> <p>Chilled Pizza*  Broccoli Peaches Milk</p> <p>*****Snack*****</p> <p>100% Apple Juice CheezIts*</p>	<p>19</p> <p>WOW! Butter &amp; Jelly Sandwich* String Cheese Carrots Pears Milk</p> <p>*****Snack*****</p> <p>100% Orange Tangerine Juice GoldFish* Crackers</p>	<p>20</p> <p>Chilled Chicken Strips* Cornbread* Carrots /Celery Mandarin Oranges Milk</p> <p>*****Snack*****</p> <p>100% Apple Juice Bug Bite Crackers*</p>	<p>21</p> <p>Yogurt &amp; Granola String Cheese Green Pepper Strips Mixed Fruit Milk</p> <p>*****Snack*****</p> <p>100% Fruit Punch Juice Iced Cinnamon Bar*</p>
<p>24</p> <p>Chilled Chicken Strips* Cornbread* Carrots Mixed Fruit Milk</p> <p>*****Snack*****</p> <p>100% Apple Juice CheezIts*</p>	<p>25</p> <p>WOW! Butter &amp; Jelly Sandwich* String Cheese Celery/Carrots Mandarin Oranges Milk</p> <p>*****Snack*****</p> <p>100% Fruit Punch Juice Cinnamon Crackers*</p>	<p>26</p> <p>Chicken Drumstick* Dinner Roll* w/jelly Carrots Pears Milk</p> <p>*****Snack*****</p> <p>100% Apple Juice GoldFish* Crackers</p>	<p>27</p> <p>Cereal* Hard Boiled Egg Grape Tomatoes Peaches Milk</p> <p>*****Snack*****</p> <p>100% Orange Tangerine Juice Iced Cinnamon Bar*</p>	<p>28</p> <p>Yogurt &amp; Granola String Cheese Broccoli Fresh Apple Milk</p> <p>*****Snack*****</p> <p>100% Fruit Punch Juice Bug Bite Crackers*</p>

**\*Whole Grain**

This menu is subject to change due to delivery shortages and/or inclement weather.

**USDA is an equal opportunity provider and employer.**

