

# JLAS Afterschool Supper/Snack Menu

October 2017



"Be yourself.  
Everyone else is  
already taken."

Oscar Wilde



**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
2 Ez Jammers Sandwich* String Cheese Celery Mixed Fruit Milk *****Snack***** 100% Fruit Punch Juice GoldFish Crackers*	3 Cereal* Hard Boiled Egg Carrots Peaches Milk *****Snack***** 100% Orange Tangerine Juice CheezIts*	4 Yogurt & Granola* String Cheese Celery/Carrots Applesauce Milk *****Snack***** 100% Apple Juice Vanilla GoldFish Crackers*	5 Chilled Chicken Strips* Cornbread* Broccoli Pears Milk *****Snack***** 100% Orange Tangerine Juice Pretzels*	6 Chilled Pizza* Grape Tomatoes Mandarin Oranges Milk *****Snack***** 100% Fruit Punch Juice Goldfish Colors*
9 Yogurt & Granola* String Cheese Carrots Mandarin Oranges Milk *****Snack***** 100% Apple Juice CheezIts*	10 Cereal* Hard Boiled Egg Celery Peaches Milk *****Snack***** 100% Fruit Punch Juice GoldFish Crackers*	11 Ez Jammers Sandwich* String Cheese Carrots Pears Milk *****Snack***** 100% Orange Tangerine Juice Pretzels*	12 Chilled Chicken Strips* Cornbread* Grape Tomatoes Applesauce Milk *****Snack***** 100% Fruit Punch Juice Vanilla GoldFish Crackers*	13 Chilled Pizza* Broccoli Mixed Fruit Milk *****Snack***** 100% Apple Juice String Cheese
16 Cereal* Hard Boiled Egg Carrots Pears Milk *****Snack***** 100% Orange Tangerine Juice GoldFish Crackers*	17 Chilled Chicken Strips* Cornbread* Broccoli Mandarin Oranges Milk *****Snack***** 100% Fruit Punch Juice Pretzels*	18 <u>1/2 Day of School</u> Ez Jammers Sandwich* String Cheese Celery Peaches Milk *****Snack***** 100% Apple Juice CheezIts*	19 Yogurt & Granola* String Cheese Carrots Applesauce Milk *****Snack***** 100% Orange Tangerine Juice Goldfish Colors*	20 Chilled Pizza* Grape Tomatoes Mixed Fruit Milk *****Snack***** 100% Fruit Punch Juice Vanilla GoldFish Crackers*
23 Cereal* Hard Boiled Egg Carrots Mixed Fruit Milk *****Snack***** 100% Apple Juice GoldFish Crackers*	24 Chilled Pizza* Broccoli Mandarin Oranges Milk *****Snack***** 100% Orange Tangerine Juice CheezIts*	25 Yogurt & Granola* String Cheese Carrots Diced Pears Milk *****Snack***** 100% Apple Juice Pretzels*	26 Chilled Chicken Strips* Cornbread* Celery Peaches Milk *****Snack***** 100% Fruit Punch Juice Vanilla GoldFish Crackers*	27 Ez Jammers Sandwich* String Cheese Carrots Applesauce Milk *****Snack***** 100% Orange Tangerine Juice String Cheese
30 Cereal* Hard Boiled Egg Carrots/Celery Peaches Milk *****Snack***** 100% Fruit Punch Juice Pretzels*	31 Ez Jammers Sandwich* String Cheese Carrots Mixed Fruit Milk *****Snack***** 100% Apple Juice Vanilla GoldFish Crackers*	November 1-No School  * Whole Grain		

This menu is subject to change without notice.

Whole Grain Cereal Choices When Available: Cheerios, Rice Chex, Frosted Mini Wheats, Cinnamon Toast Crunch

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