

At-Risk Afterschool Menu

Center Name: _____

Mth/Yr: _____

	Mon ____	Tue ____	Wed ____	Thur ____	Fri ____
Supper <i>All food components must be served.</i> Milk Bread Fruit or Juice Vegetable Meat or meat alternate	1%Milk (8oz) Hot dog (2oz) Baked beans (4oz) Fries (2oz) Wheat Bun (1oz)	1%Milk (8oz) Hamburger (2oz) Potatoes (4oz) Mix Fruit (2oz) Wheat Bun (1oz)	1%Milk (8oz) Beef (2oz) Tomato Sauce (4oz) Corn (2oz) Spaghetti pasta (2oz)	1%Milk (8oz) Meatballs (2oz) Green Beans (4oz) Mashed Potatoes (2oz) Wheat Roll (1oz)	1%Milk (8oz) Turkey/Cheese (2oz) Baby Carrots (4oz) Applesauce (2oz) Wheat Bread (1oz)
Snack <i>Serve any 2 of the food components.</i> Milk Bread Fruit or Juice Vegetable Meat or meat alternate	100% Fruit Juice (6oz) Pretzels (1oz)	100% Fruit Juice (6oz) Doritos (1oz)	100% Fruit Juice (6oz) Popcorn-WG (1oz)	100% Fruit Juice (6oz) Goldfish (1oz)	100% Fruit Juice (6oz) Cheez Its (1oz)

*1% unflavored milk served to kids aged 2 and older. Whole milk served to one-year olds.
This institution is an equal opportunity provider.*