




# New Hanover County Schools After School Snacks 2009

# November

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Cheese Stick Juicy Juice	<b>3</b> Giant Oats & Honey Goldfish Chocolate Milk	<b>4</b> Spicy Cheddar Goldfish Chocolate Milk	<b>5</b> Cinnamon Toast Crisps Chocolate Milk	<b>6</b> Variety of Cereal 1% Milk
<b>9</b> Snack Mix Juicy Juice	<b>10</b> Spicy Cheddar Goldfish Chocolate Milk	<b>11</b> 	<b>12</b> Whole Grain Muffin Chocolate Milk	<b>13</b> Goldfish Pretzels Juicy Juice
<b>16</b> Graham Crackers Juicy Juice	<b>17</b> Variety of Cereal 1% Milk	<b>18</b> Graham Bug Bites Chocolate Milk	<b>19</b> Cheese Stick Juicy Juice	<b>20</b> Baked Doritos Juicy Juice
<b>23</b> Poptart Juicy Juice	<b>24</b> Snack Mix Juicy Juice	<b>25</b> <b>26</b> <b>27</b> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Have a Safe and Happy Thanksgiving!</b> </div>		
<b>30</b> Graham Bug Bites Chocolate Milk Chocolate Caliente	<p>* Optional menu items: Zoo Animal crackers (may contain traces of peanut products), Applesauce, Poptart, Graham Crackers (2pkgs), or Giant fish grahams.</p> <p>* Add a spork package with all snacks.</p> <p>* If you have a child with diabetes, substitute 1% milk for skim milk.</p> <p>* Menus may be changed due to the availability in the CN warehouse.</p> <p>* Each snack must meet 2 of the 4 listed:            ~ Milk 8 oz            ~ Meat or meat alternate 1 oz            ~ 3/4 cup Fruit or vegetable (<i>juice must be 100%</i>)            ~ Grains / bread 1 serving</p> <p>* All snacks meet Nutrition Standards of North Carolina</p>			

*In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, sex, or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.*