




Monday	Tuesday	Wednesday	Thursday	Friday
New Hanover County Schools After School Snacks 2009			1 Cheese Stick Juicy Juice	2 Graham Bug Bites Chocolate Milk
5 Variety of Cereal 1% Milk	6 Graham Crackers Juicy Juice	7 Poptart Chocolate Milk	8 Baked Doritos Juicy Juice	9 Giant Oat & Honey Goldfish Chocolate Milk
12 Spicy Cheddar Goldfish Chocolate Milk	13 Snack Mix Juicy Juice	14 Baked Pretzel Chocolate Milk	15 Cinnamon Toast Crisps Chocolate Milk	16 Variety of Cereal 1% Milk
19 Poptart Juicy Juice	20 Goldfish Pretzels Juicy Juice	21 Whole Grain Muffin Chocolate Milk	22 Cheese Stick Juicy Juice	23 Graham Bug Bites Chocolate Milk
26 Variety of Cereal 1% Milk	27 Graham Crackers Juicy Juice	28 Poptart Chocolate Milk	29 Baked Doritos Juicy Juice	

* Optional menu items: Zoo Animal crackers (may contain traces of peanut products), Applesauce, Poptart, Graham Crackers (2pkgs), or Giant fish grahams.

* Add a spork package with all snacks.

* If you have a child with diabetes, substitute 1% milk for skim milk.

* Menus may be changed due to the availability in the CN warehouse.

* Each snack must meet 2 of the 4 listed:

~ Milk 8 oz

~ Meat or meat alternate 1 oz

~ 3/4 cup Fruit or vegetable (*juice must be 100%*)

~ Grains / bread 1 serving

* All snacks meet Nutrition Standards of North Carolina

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.