

WEST CENTRAL ELEMENTARY

2023-2024 AFTER SCHOOL SNACK PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	M - 1% Milk 8oz G - Cereal 1oz	F/V - Juice 6oz MMA - Yogurt 1oz	M - 1% Milk 8oz F/V - Apple 1 each F/V - Raisins 1/4 cup	F/V - Juice 6oz G - Crackers 1oz	M - 1% Milk 8oz F/V - Carrots 3/4 cup O - Ranch Cup
Week 2	M - 1% Milk 8oz F/V - Banana 1 each F/V - Raisins 1/4 cup	F/V - Juice 6oz G - Crackers 1oz	M - 1% Milk 8oz F/V - Celery 3/4 cup O - Peanut Butter Cup	F/V - Juice 6oz MMA - Cheese Stick 1oz	M - 1% Milk 8oz G - Cornbread 1oz
Week 3	M - 1% Milk 8oz F/V - Grapes 3/4 cup	F/V - Juice 6oz MMA - Yogurt 1oz	M - 1% Milk 8oz F/V - Cucumbers 3/4 cup O - Ranch Cup	F/V - Juice 6oz G - Crackers 1oz	M - 1% Milk 8oz G - Cereal 1oz
Week 4	M - 1% Milk 8oz G - Pop-Tart 2.5oz	F/V - Juice 6oz G - Crackers 1oz	M - 1% Milk 8oz F/V - Orange 1 1/2	F/V - Juice 6oz MMA - Cheese Stick 1oz	M - 1% Milk 8oz F/V - Applesauce 1/2 cup F/V - Grape Tomato 1/4 cup

Menu is on a 4 week rotation. Menu is subject to change without notice due to supply chain shortages.

Components:

G - Grain

MMA - Meat/Meat Alternative

M - Milk

F/V - Fruit/Veggie

O - Other Non-Credible

This institution is an equal opportunity provider.