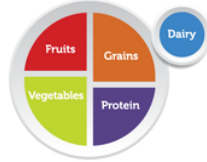


# YMCA Fall 2022 Snack Menu

Perry Township Schools follows the **USDA Nutrition Standards for Afterschool Snack Programs**



Carb grams are listed in parenthesis: ( \_g)  
WG= Whole Grain

**Snacks Must Contain at least two different components of the following four:**

- 1 serving of **fluid milk**
- 1 serving of **meat/meat alternative**
- 1 serving of **vegetables** or **fruit** or 100% juice
- 1 serving of WG or enriched **bread or cereal**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<b>Cheez-It WG Crackers</b> (0.75 oz) (14g)  <b>Fruit</b> (3/4 c) (~20g)	<b>Keebler WG Gripz Grahams</b> (0.95 oz) -Chocolate Chip (21g) -Cinnamon (19g)  <b>Fruit</b> (3/4 c) (~20g)	<b>Cheese Stick</b> (1 oz) -Marble (1g) -Mozzarella (2g)  <b>Fruit</b> (3/4 c) (~20g)	<b>Kellogg's WG Scooby-Doo! Graham Cracker Sticks - Cinnamon</b> (1 oz) (21g)  <b>Fruit</b> (3/4 c) (~20g)	<b>Cheetos Puffs - Reduced Fat</b> (0.7oz) (13g)  <b>Fruit</b> (3/4 c) (~20g)
	<b>Baby Carrots</b> (3/4 cup) (6g) <b>Ranch</b> (2 T) (4g)  <b>Rold Gold WG Heartzel Pretzels</b> (0.7oz) (16g)  <i>PTEC-sub Cheez-Its and Fruit (same as week 1)</i>	<b>Kellogg's Tiger Bites</b> (1oz) -Chocolate (20g) -Cinnamon ( 21g) -Original ( 21g)  <b>Fruit</b> (3/4 c) (~20g)	<b>WG Rice Krispies Treats</b> (1.41 oz) -Original (30g) -Chocolatey Chip (34g)  <b>Fruit</b> (3/4 c) (~20g)	<b>Chex Mix Simply Chex</b> (1 oz) -Cheddar (20g) -Chocolate Caramel (22g) -Strawberry Yogurt (23g)  <b>Fruit</b> (3/4 c) (~20g)	<b>Goldfish WG Baked Crackers</b> (0.75oz) -Cheddar (14g) -Cheddar - Colors (14g) -Cheddar - Mickey Mouse (14g) -Cheddar-Xtra (14g) -French Toast (21g) -Pretzel (16g)  <b>Fruit</b> (3/4 c) (~20g)

AUG 2022					SEPT 2022					OCT 2022					NOV 2022					DEC 2022				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
1	2	3	4	5				1	2	3	4	5	6	7	1	2	3	4				1	2	
8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
29	30	31	26	27	28	29	30	31	28	29	30	26	27	28	29	30								

July 27-29 will start on **Week 1**



This institution is an equal opportunity provider.  
Menus subject to change.