



# Nutrition Services



A nourished student is a learning student!

## After School Snacks September & October

**Monday**

**Cheese Stick  
6 oz Apple Juice**

**Tuesday**

**Whole Grain Cheez Its  
1% White Milk**

**Wednesday**

**Rold Gold  
Heartzels  
6 oz Grape Juice**

**Thursday**

**Whole Grain Animal  
Crackers  
Skim Chocolate Milk**

**Friday**

**Whole Grain Gripz  
6 oz Apple Juice**



This institution is an equal opportunity provider.