



# Little Stars Aftercare Snack



	Monday *	Tuesday *	Wednesday *	Thursday *	Friday *
Week 1	¼ cup Seasonal Berries ¼ cup Baby Carrots ¼ cup Cereal ½ cup Yogurt	¼ Apple ¼ cup Cucumber ¼ cup Wheat Crackers 1 slice Cheese	¼ Banana ¼ cup Bell peppers ¼ cup Pita chips ¼ cup Hummus	½ cup Cut Grapes ¼ cup Cherry Tomatoes ¼ cup Wheat Toast 1 slice Cheese 1 tb. Butter/Mayonnaise	½ cup Cut Grapes ¼ cup Seaweed ½ slice Bagel ½ oz. Crème Cheese
Week 2	¼ cup Seasonal Berries ¼ cup Baby Carrots 1 Waffle 1 tb. Maple Syrup 1 slice Cheese	¼ Apples 1 Pancake 1 tb. Jam ¼ cup Cottage Cheese	½ Banana ¼ cup Seaweed ¼ slice Cheese Quesadilla	½ Orange ¼ cup Cucumber ½ cup Wheat Pretzels 1 slice Beef Jerky alt ½ Cheese stick	¼ cup Seasonal Berries ¼ cup Baby Carrots ¼ cup Cereal ½ cup Yogurt
Week 3	¼ cup Seasonal Berries alt. 1 tb. Jam 3-inch Celery stick 1 Pancake ½ oz. Ranch Dressing	¼ Cut Grapes ½ cup Cucumber ½ slice Bagel ¼ cup Tuna fish ½ oz. Mayonnaise	½ Banana ½ cup Bell peppers ¼ cup Pita chips ¼ cup Hummus	½ cup Dry Fruit ¼ cup Baby Carrots ½ Wheat Toast ½ oz. Crème Cheese	¼ Apple ½ cup Cucumber ¼ cup Wheat Crackers ½ Cheese stick
Week 4	½ Orange ½ English Muffin ½ Boiled Egg alt. 1 slice Cheese 1 tb. Butter/Mayonnaise	½ cup Cut Grapes ¼ cup Seaweed ½ slice Bagel ½ oz. Crème Cheese	¼ Apple ¼ cup Cucumber ¼ cup Wheat Crackers 1 slice Cheese	¼ Banana ¼ cup Baby Carrots ½ cup Tortilla chips ¼ cup Salsa 1 slice Beef Jerky or Cheese	¼ cup Raisins 3-inch Celery stick ½ Wheat Toast ½ oz. Sunflower butter alt. 1 slice Cheese

**Fluids** ½ cup of unflavored Milk is offered at ALL meals and there is unlimited access to clean drinking water. ½ cup of low-fat 1% milk, Fat Free/Skim milk or Soy milk **Meat or Meat alternative:** ½ oz of - Ham, Chicken, Beef Jerky, Salami, Cheese, Cream Cheese, Cottage cheese, Hummus, Tuna Fish, Yogurt, 1 Tbsp Sunflower butter, 2 Tbsp Tofu, ½ Egg, or 2 Tbsp Dried beans or peas. **Both a Fruit AND Vegetable** is served at each snack time, ½ cup Fruit AND ½ cup Vegetables or ½ cup of 100 % Fruit Juice or Vegetable Juice as a substitute **Grain, Bread or Cereal;** ½ slice bread, ½ cup cereal, ½ cup Brown Rice, ½ cup of Organic Popcorn, ¼ slice Whole wheat Tortilla or ½ cup Whole wheat Pasta

**Little Star Aftercare Snack Menu Date:**

1	Monday	Tuesday	Wednesday	Thursday	Friday
W e e k l	¼ cup Seasonal Berries ¼ cup Baby Carrots ¼ cup Cereal ½ cup Yogurt	¼ Apple ¼ cup Cucumber ¼ cup Wheat Crackers 1 slice Cheese	¼ Banana ¼ cup Bell peppers ¼ cup Pita chips ¼ cup Hummus	½ cup Cut Grapes ¼ cup Cherry Tomatoes ¼ cup Wheat Toast 1 slice Cheese 1 tb. Butter/Mayonnaise	½ cup Cut Grapes ¼ cup Seaweed ½ slice Bagel ½ oz. Crème Cheese
S e r v e d					

**Fluids** ½ cup of unflavored Milk must be offered at ALL meals\*) and there must be unlimited access to clean drinking water. ½ cup of low-fat 1% milk, Fat Free/Skim milk or Soy milk

**Meat or Meat alternative** - pick one serving: ½ oz of - Ham, Chicken, Beef Jerky, Salami, Cheese, Cream Cheese, Cottage cheese, Hummus, Tuna Fish, Yogurt, 1 Tbsp Sunflower butter, 2 Tbsp Tofu, ½ Egg, or 2 Tbsp Dried beans or peas.

**Both a Fruit AND Vegetable** must be served at each snack time ½ cup Fruit AND ½ cup Vegetables or ½ cup of 100 % Fruit Juice or ½ cup Vegetable Juice as a substitute (only once per day)

**Grain, Bread or Cereal** - pick one serving; ½ slice bread, ⅓ cup cereal, ⅓ cup Brown Rice, ⅓ cup of Organic Popcorn, ¼ slice Whole wheat Tortilla or ⅓ cup Whole wheat Pasta

\*) See separate list of suggested food for each category

**Little Star Aftercare Snack Menu Date:**

2	Monday	Tuesday	Wednesday	Thursday	Friday
W e e k 2	¼ cup Seasonal Berries ¼ cup Baby Carrots 1 Waffle 1 tb. Maple Syrup 1 slice Cheese	¼ Apples 1 Pancake 1 tb. Jam ¼ cup Cottage Cheese	½ Banana ¼ cup Seaweed ¼ slice Cheese Quesadilla	½ Orange ¼ cup Cucumber ½ cup Wheat Pretzels 1 slice Beef Jerky alt ½ Cheese stick	¼ cup Seasonal Berries ¼ cup Baby Carrots ¼ cup Cereal ½ cup Yogurt
S e r v e d					

**Fluids** ½ cup of unflavored Milk must be offered at ALL meals\*) and there must be unlimited access to clean drinking water. ½ cup of low-fat 1% milk, Fat Free/Skim milk or Soy milk

**Meat or Meat alternative** - pick one serving: ½ oz of - Ham, Chicken, Beef Jerky, Salami, Cheese, Cream Cheese, Cottage cheese, Hummus, Tuna Fish, Yogurt, 1 Tbsp Sunflower butter, 2 Tbsp Tofu, ½ Egg, or 2 Tbsp Dried beans or peas.

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**Grain, Bread or Cereal** - pick one serving; ½ slice bread, ⅓ cup cereal, ⅓ cup Brown Rice, ⅓ cup of Organic Popcorn, ¼ slice Whole wheat Tortilla or ⅓ cup Whole wheat Pasta

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**Little Star Aftercare Snack Menu Date:**

3	Monday	Tuesday	Wednesday	Thursday	Friday
W e e k	¼ cup Seasonal Berries alt. 1 tb. Jam 3-inch Celery stick 1 Pancake ½ oz. Ranch Dressing	¼ Cut Grapes ½ cup Cucumber ½ slice Bagel ¼ cup Tuna fish ½ oz. Mayonnaise	½ Banana ½ cup Bell peppers ¼ cup Pita chips ¼ cup Hummus	½ cup Dry Fruit ¼ cup Baby Carrots ½ Wheat Toast ½ oz. Crème Cheese	¼ Apple ½ cup Cucumber ¼ cup Wheat Crackers ½ Cheese stick
S e r v e d					

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**Meat or Meat alternative** - pick one serving: ½ oz of - Ham, Chicken, Beef Jerky, Salami, Cheese, Cream Cheese, Cottage cheese, Hummus, Tuna Fish, Yogurt, 1 Tbsp Sunflower butter, 2 Tbsp Tofu, ½ Egg, or 2 Tbsp Dried beans or peas.

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**Little Star Aftercare Snack Menu Date:**

4	Monday	Tuesday	Wednesday	Thursday	Friday
W e e k	½ Orange ½ English Muffin ½ Boiled Egg alt. 1 slice Cheese 1 tb. Butter/Mayonnaise	½ cup Cut Grapes ¼ cup Seaweed ½ slice Bagel ½ oz. Crème Cheese	¼ Apple ¼ cup Cucumber ¼ cup Wheat Crackers 1 slice Cheese	¼ Banana ¼ cup Baby Carrots ½ cup Tortilla chips ¼ cup Salsa 1 slice Beef Jerky or Cheese	¼ cup Raisins 3-inch Celery stick ½ Wheat Toast ½ oz. Sunflower butter alt. 1 slice Cheese
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