

# Boys and Girls Club Snack Menu

May 2018

30

- Blueberry Muffin
- Low-Fat Milk

1

- Cheez-It Crackers
- 100% Apple Juice

2

- Strawberry Banana Yogurt
- Pretzel Rod

3

- Red Delicious Apple
- Cheese Stick

4

- Pretzel Goldfish
- Low-Fat Milk

7

- Goldfish Crackers
- 100% Apple Juice

8

- Red Delicious Apple
- Cheese Stick

9

- Chocolate Muffin
- Low-Fat Milk

10

- Cheese Cubes
- Saltine Crackers

11

- Raspberry Yogurt
- Pretzel Rod

14

- Banana Muffin
- Low-Fat Milk

15

- Cheese Stick
- Saltine Crackers

16

- Pretzel Goldfish
- 100% Orange Juice

17

- Strawberry Banana Yogurt
- Red Delicious Apple

18

- Cheez-It Crackers
- Cheese Stick

21

- Raspberry Yogurt
- 100% Apple Juice

22

- Sun Chips Harvest Cheddar Snack Mix
- Low-Fat Milk

23

- Blueberry Muffin
- Low-Fat Milk

24

- Goldfish Crackers
- 100% Orange Juice

25



**Eat smart**  
to **Play Hard**



**Eat fruits & veggies**  
at meals & for snacks

**Eat Smart**  
to **Play Hard**



**Drink milk**  
at meals