

Boys and Girls Snack Menu

August 2017

14

No School – Last Day of Summer Vacation



15

- Mini Baked Pretzel
- Low-Fat Milk

16

- Apple Cinnamon Muffin
- Low-Fat Milk

17

- Cheese Cubes
- Saltine Crackers

19

- Goldfish Crackers
- 100% Orange Juice

21

- Banana Muffin
- Low-Fat Milk

22

- Strawberry Yogurt
- Simply Chex Mix
- 100% Apple Juice

23

- Cinnamon Raisin Bagel w/ Grape Jelly
- Low-Fat Milk

24

- Mini Baked Pretzel
- Danimals Vanilla Yogurt

25

- Red Delicious Apple
- Cheese Stick

28

- Cheese Cubes
- Saltine Crackers

29

- Blueberry Muffin
- Low-Fat Milk

30

- Danimals Vanilla Yogurt
- Cheez-It Crackers

31

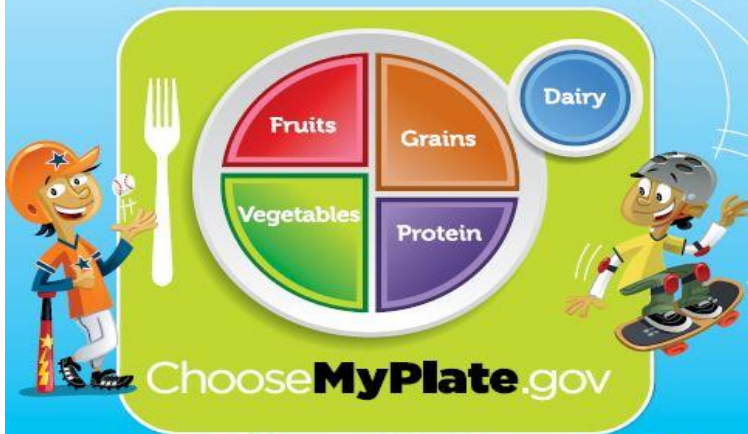
- Pretzels
- Cheese Stick

1

- Plain Bagel w/ Grape Jelly
- Low-Fat Milk

Eat Smart To Play Hard

Use **MyPlate** to help you fuel up with foods from each food group.



Keep on Moving!

You need at least 60 minutes of physical activity each day. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.



DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.