

Boys and Girls Club Snack Menu

October 2017

2

- Cheese Cubes
- Saltine Crackers

3

- Blueberry Muffin
- Low-Fat Milk

4

- Danimals Vanilla Yogurt
- Cheez-It Crackers

5

- Pretzels
- Cheese Stick

6

No school



9

No school



10

- Red Delicious Apple
- Colby-Jack Cheese Stick

11

- Chocolate Muffin
- Low-Fat Milk

12

- Goldfish Crackers
- 100% Apple Juice

13

- Strawberry Yogurt
- Pretzels

16

- Banana Muffin
- Low-Fat Milk

17

- Cheese Cubes
- Saltine Crackers

18

- Pretzels
- 100% Orange Juice

19

- Danimals Vanilla Yogurt
- Red Delicious Apple

20

- Cheez-It Crackers
- Cheese Stick

23

- Plain Bagel w/ Grape Jelly
- 100% Apple Juice

24

- Mini Baked Pretzel
- Low-Fat Milk

25

- Apple Cinnamon Muffin
- Low-Fat Milk

26

- Cheese Cubes
- Saltine Crackers

27

- Goldfish Crackers
- 100% Orange Juice

30

- Blueberry Muffin
- Low-Fat Milk

31

- Cheez-It Crackers
- Cheese Stick

1

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

2

- Mini Baked Pretzel
- Danimals Vanilla Yogurt

3

- Red Delicious Apple
- Cheese Stick

Eat Smart
to **Play Hard**



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

Eat Smart
to **Play Hard**



**Drink milk
at meals**