# **Kansas Summer Food Service Program Snack Menus**

## 4-Week Snack Menu

MENUS FOR WEEKS OF \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COME JOIN US AT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FROM \_\_\_\_\_\_\_\_\_\_\_ am to \_\_\_\_\_\_\_\_\_\_\_\_\_pm

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 | Bagel – 1 oz  (optional: Jelly – 1 Tbsp)  Milk – 1 cup | Apple – 1 ea, sliced  Cheese stick – 1 oz | Yogurt – 4 oz  Snack Crackers – 6 ea (.7 oz) | Graham Crackers – 4 sq (.9 oz)  Peanut Butter – 2 Tbsp | Plain Granola Bar – 1.8 oz  Cantaloupe – ¾ cup |
| Week 2 | Snack Crackers – 6 ea (.7 oz)  Cheese Stick – 1 oz | Peanuts – 1 oz  Banana – ½ ea  100% Fruit juice – ½ cup | Cereal, dry – ¾ cup or 1 oz  (optional: Raisins – ⅛ cup)  Milk – 1 cup | Strawberries – ¾ cup  Yogurt – 4 oz | Vanilla Wafers – 6 ea (1.1 oz)  100% Fruit Juice – ¾ cup |
| Week 3 | Grain Fruit Bar – 1 ea (2.2 oz)  Milk – 1 cup | Apple – 1 ea, sliced  Peanut butter – 2 Tbsp | Graham Crackers – 4 sq (.9 oz)  Cheese Stick – 1 oz | Snack Crackers – 6 ea (.7 oz)  (optional: Peanuts – 1 oz)  100% Fruit Juice – ¾ cup | Grapes – ¾ cup  Yogurt – 4 oz |
| Week 4 | Muffin – 1.8 oz  Milk – 1 cup | Watermelon – ¾ cup  Snack Crackers – 6 ea (.7 oz) | Pretzel Sticks – 27 sticks (.7 oz)  Milk – 1 cup | Bagel – 1 oz  Peanut Butter – 2 Tbsp | Plain Granola Bar – 1.8 oz  Baby Carrots – 3 ea (1.3 oz)  100% Fruit Juice – ½ cup |