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

## 4-Week Snack Menu

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

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

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 | Bagel – 1 oz(optional: Jelly – 1 Tbsp)Milk – 1 cup | Apple – 1 ea, slicedCheese stick – 1 oz | Yogurt – 4 ozSnack Crackers – 6 ea (.7 oz) | Graham Crackers – 4 sq (.9 oz)Peanut Butter – 2 Tbsp | Plain Granola Bar – 1.8 ozCantaloupe – ¾ cup |
| Week 2 | Snack Crackers – 6 ea (.7 oz)Cheese Stick – 1 oz | Peanuts – 1 ozBanana – ½ ea100% Fruit juice – ½ cup | Cereal, dry – ¾ cup or 1 oz(optional: Raisins – ⅛ cup)Milk – 1 cup | Strawberries – ¾ cupYogurt – 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, slicedPeanut 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 cupYogurt – 4 oz |
| Week 4 | Muffin – 1.8 ozMilk – 1 cup | Watermelon – ¾ cupSnack Crackers – 6 ea (.7 oz) | Pretzel Sticks – 27 sticks (.7 oz)Milk – 1 cup | Bagel – 1 ozPeanut Butter – 2 Tbsp | Plain Granola Bar – 1.8 ozBaby Carrots – 3 ea (1.3 oz)100% Fruit Juice – ½ cup |