

TUSD After School Snacks 2011-12

Featuring Whole Grains, Low Fat Dairy, & Fruit



February 2012
TUSD Food Services Department

	Monday	Tuesday	Wednesday	Thursday	Friday
5	<u>January-30</u> Fresh Fruit Half Cup Equivalent Whole Grain Oat & Honey Goldfish 1 pkg = 1 bread Water 8 fl-oz bottle	<u>January-31</u> Mozzarella String Cheese 1 oz Fresh Fruit Half Cup equivalent Water 8 fl-oz bottle	<u>February-1</u> Whole Grain Cheddar Goldfish 1 pkg = 1 bread Pears Half Cup Water 8 fl-oz bottle	<u>February-2</u> Yogurt 4 oz Fresh Fruit Half Cup equivalent Water 8 fl-oz bottle	<u>February-3</u> Cheddar string Cheese 1 oz Whole Grain Ultimate Bar (1/2 of whole = 1 bread) Water 8 fl-oz bottle
1	<u>February-6</u> Cheddar String Cheese 1 oz Applesauce Half Cup Water 8 fl-oz bottle	<u>February-7</u> Yogurt 4 oz Fresh Fruit Half Cup equivalent Water 8 fl-oz bottle	<u>February-8</u> Whole Grain Ultimate Bar (1/2 of whole = 1 bread) Fresh Fruit Half Cup equivalent Water 8 fl-oz bottle	<u>February-9</u> Mozzarella String Cheese 1 oz Whole Grain Oat & Honey Goldfish 1 pkg = 1 bread Water 8 fl-oz bottle	<u>February-10</u> Fresh Fruit Half Cup Equivalent Whole Grain Biscuit 1 = 2 bread Water 8 fl-oz bottle
2	<u>February-13</u> Yogurt 4 oz Whole Grain Snack "Sun" Mix 1 pkg = 2 bread Water 8 fl-oz bottle	<u>February-14</u> Mozzarella String Cheese 1 oz Cherry Tomatoes 3 tomatoes Zucchini Coins 3 sticks Water 8 fl-oz bottle	<u>February-15</u> Yogurt 4 oz Fresh Fruit Half Cup equivalent Water 8 fl-oz bottle	<u>February-16</u> Cheddar String Cheese 1 oz Fresh Fruit Half Cup equivalent Water 8 fl-oz bottle	<u>February-17</u> Blueberry Muffin with whole grains 1 each = 1 bread Fruit Cocktail Half Cup Water 8 fl-oz bottle
3	<u>February-20</u> Yogurt 4 oz Cinnamon Granola (Malt-o-Meal) 1/2 cup (=1.29 oz) Water 8 fl-oz bottle	<u>February-21</u> Mozzarella String Cheese 1 oz Fresh Fruit Half Cup Equivalent Water 8 fl-oz bottle	<u>February-22</u> Fresh or Canned Fruit of the day Half Cup Equivalent Whole Grain Cheddar Goldfish 1 pkg = 1 bread Water 8 fl-oz bottle	<u>February-23</u> Rodeo Weekend 	<u>February-24</u>
4	<u>February-27</u> Mozzarella string Cheese 1 oz Whole Grain Snack "Sun" Mix 1 pkg = 2 bread Water 8 fl-oz bottle	<u>February-28</u> Whole Grain Biscuit 1 ea = 2 bread Peaches Half Cup Water 8 fl-oz bottle	<u>February-29</u> Yogurt 4 oz Fresh Fruit Half Cup equivalent Water 8 fl-oz bottle	<u>March-1</u> Cheddar String Cheese 1 oz Cherry Tomatoes 3 each Zucchini Coins 3 each Water 8 fl-oz bottle	<u>March-2</u> Yogurt 4 oz Cinnamon Granola 1/2 cup (=1.29 oz) Water 8 fl-oz bottle

Menu Is Subject Change. Any product may contain peanuts/ peanut oils.

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