

# MAY 2024

## Afterschool Program



This institution is an equal opportunity provider



**Nutrition Tip:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.



Reference: USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Apple Juice  
Warm Cinnamon  
Churro

1

Chat Snax Grahams  
Chocolate Milk

2

Gold fish Cracker  
Orange Tangerine Juice

3

Cold Cereal  
White Milk

6

Scooby Sticks  
Capri Sun

7

Sunrise Bites  
Chocolate Milk

8

Apple Frudel  
White Milk

9

Cheez-it Crackers  
Apple Juice

10

Blueberry Bar  
Orange Juice

13

Dick & Jane Grahams  
White Milk

14

Strawberry Poptart  
Fruit Juice

15

Animal Cracker  
Chocolate Milk

16

Capri Sun Apple Juice  
Bug Bite Grahams

17

Apple Juice  
Heartzel Pretzels

20

Strawberry Oatmeal Bar  
White Milk

21

Orange Tangerine Juice  
Strawberry Go-Gurts  
Chocolate Bear Graham

22

Coco Puff Cereal Bar  
White Milk

23

Fruit Juice  
Animal Crackers

24

**Memorial Day**

27

Apple Juice  
Cinnamon Pop Tart

28

Gold Fish Crackers  
Orange Tangerine Juice

29

Capri Sun Juice  
Jungle Crackers

30

Chocolate Muffin Top  
White Milk

31