



What's on  
**YOUR**  
plate?



## Make this the year you eat more fruits and veggies. And let us help!

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack. **And whenever you**

**choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!**



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

# AFTERSCHOOL SNACK MENU FOR AUGUST 2024

## Henry County Elementary Schools

**BACK TO SCHOOL**

This institution is an equal opportunity provider. Menus are subject to change.

We're **SO GLAD** to see you!  
It's going to be a **GREAT YEAR!**

# Welcome Back for FOOD, FUN, & FITNESS!



<b>Thursday, August 1</b> Goldfish Crackers 100% Fruit Juice	<b>Friday, August 2</b> Mini Chocolate Chip WG Cookies Milk
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<b>Monday, August 5</b> Whole Grain Muffin Milk	<b>Tuesday, August 6</b> WG Frudel 100% Juice	<b>Wednesday, August 7</b> Smart Snack Chips 100% Fruit Juice	<b>Thursday, August 8</b> Mini Bagels 100% Juice	<b>Friday, August 9</b> WG Cereal Milk
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<b>Monday, August 12</b> WG Poptart Milk	<b>Tuesday, August 13</b> Corn Dog (Ketchup & Mustard) 100% Juice	<b>Wednesday, August 14</b> Smart Snack Chips 100% Fruit Juice	<b>Thursday, August 15</b> Goldfish Crackers 100% Fruit Juice	<b>Friday, August 16</b> Mini Chocolate Chip WG Cookies Milk
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<b>Monday, August 19</b> Whole Grain Muffin Milk	<b>Tuesday, August 20</b> WG Frudel 100% Juice	<b>Wednesday, August 21</b> Smart Snack Chips 100% Fruit Juice	<b>Thursday, August 22</b> Mini Bagels 100% Juice	<b>Friday, August 23</b> WG Cereal Milk
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<b>Monday, August 26</b> WG Poptart Milk	<b>Tuesday, August 27</b> Corn Dog (Ketchup & Mustard) 100% Juice	<b>Wednesday, August 28</b> Smart Snack Chips 100% Fruit Juice	<b>Thursday, August 29</b> Goldfish Crackers 100% Fruit Juice	<b>Friday, August 30</b> Mini Chocolate Chip WG Cookies Milk
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