

# Alpha BEST

## After School Snack Menu

JANUARY 2021 – MAY 2021

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	WG Goldfish Crackers 100% Fruit Juice	WG Banana Muffin Whole Fruit	RS Cereal 100% Fruit Juice	RF Cheese Applesauce	Smartfood White Cheddar Popcorn 100% Fruit Juice
<b>2</b>	WG Cheez-it Crackers 100% Fruit Juice	LF Fruit Yogurt Whole Fruit	RS Cereal 100% Fruit Juice	RF Cheese Dried Fruit	RF Wild White Nacho Doritos 100% Fruit Juice
<b>3</b>	RF Cheeto Puffs 100% Fruit Juice	WG Blueberry Muffin Whole Fruit	RS Cereal 100% Fruit Juice	RF Cheese Diced Pears	GF White Cheddar Pirates Booty 100% Fruit Juice

This menu meets Dietary Guidelines for the Healthy Hunger Free Kids Act. This menu cycle is subject to change based on vendor shortages, student preference and product availability. Substitutions can be made for students with medically documented food allergies.

January						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May						
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

WG = Whole Grain  
 RF = Reduced Fat  
 LF = Low Fat  
 RS = Reduced Sugar  
 GF = Gluten Free

This institution is an equal opportunity provider.