

After School Snack Program October 2018

1
Pretzel Goldfish
Crackers
6 oz. 100% Apple
Juice

2
½ Cup Pineapple
Cup
Animal Crackers
1% White Milk

3
Fresh Green
Apple
Cheddar Cheese
Stick
Cup of Water

4
¾ Cup Cherry
Tomatoes
Ranch Packet
Chocolate Milk

5
Banana
Chocolate
Breakfast Bar
6 oz. 100% Fruit
Punch Juice

8
No School

9
Bagel w/ Jelly
Cheddar Cheese
Stick
Cup of Water

10
Strawberry
Banana Yogurt
Elf Grahams
Cup of Water

11
Apple Cinnamon
Muffin Loaf
Chocolate Milk

12
½ Cup Fresh
Orange Wedges
Mozz. Cheese
Stick
6 oz. 100% Apple
Juice

More info...

If you have any questions,
complaints or just things you
want the food service
department to know, please
email: kperkins@usd116.org

Thanks!!!

15
Chocolate
Muffin Loaf
6 oz. 100% Fruit
Punch Juice

16
Cheerios
1% White Milk

17
¾ Cup Fresh
Baby Carrots w/
Ranch
Animal Crackers
Cup of Water

18
Fresh Red Apple
Chocolate Milk

19
Heartzel Pretzels
Cheddar Cheese
Stick
Cup of Water

For additional Nutritional Education
Materials, please visit
www.usd116.org, click on 'Food
Menus' under the Quick Links on
the right side of the homepage.
Here you will find the new
Nutritional Education Section! If you
have any questions, please call
Aramark at 217-384-3694!

22
Mozzarella
Cheese Stick
Animal Crackers
Cup of Water

23
Hard Boiled Egg
½ Cup Diced
Peach Cup
1% White Milk

24
Fresh Banana
Elf Grahams
6 oz. 100% Apple
Juice

25
Goldfish
Crackers
6 oz. 100% Fruit
Punch Juice

26
No School

29
No School

30
Blueberry Muffin
Loaf
1% White Milk

31
¾ Cup Fresh
Broccoli
w/ Ranch
Mozz. Cheese
Stick
Cup of Water

PARENTS: Remember to complete your Free &
Reduced **FEE WAVIER** Application for the 2018-
2019 School Year. Talk to your student's school
office to see if you have been directly certified
through the state or if you need to apply this school
year!

VERY IMPORTANT FOR YOUR STUDENT!!!



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