

Urbana School District After School Snack Program Menu

OCTOBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	MOZZARELLA CHEESE STICK RED APPLE 1% WHITE MILK	BLUEBERRY POP TART FAT FREE CHOCOLATE MILK	FRUITY CHEERIOS CEREAL 1% WHITE MILK	NO SCHOOL
7	8	9	10	11
PRETZEL GOLDFISH 100% APPLE JUICE 6 OZ	OATMEAL BAR 100% APPLE JUICE 6 OZ	MOZZARELLA CHEESE STICK RED APPLE 1% WHITE MILK	CINNAMON TOASTERS CEREAL 1% WHITE MILK	BLUEBERRY MUFFIN 2 OZ FAT FREE CHOCOLATE MILK
14	15	16	17	18
NO SCHOOL	MOZZARELLA CHEESE STICK GREEN APPLE 1% WHITE MILK	BANANA MUFFIN 2 OZ 100% APPLE JUICE 6 OZ	APPLESAUCE CUP FAT FREE CHOCOLATE MILK	BABY CARROTS 1/2 CUP W/RANCH CHEEZ-ITS CUP OF WATER
21	22	23	24	25
CHERRY VANILLA YOGURT APPLE-CINNAMON GRAHAMS CUP OF WATER	COCOA PUFFS CEREAL 1% WHITE MILK	CHOCOLATE MUFFIN 2 OZ 1% WHITE MILK	FRESH BANANA FAT FREE CHOCOLATE MILK	CHEDDAR GOLDFISH 100% APPLE JUICE 6 OZ
28	29	30	31	
BROWN SUGAR CINNAMON POP TART 1% WHITE MILK	STRAWBERRY BANANA YOGURT ELF GRAHAMS CUP OF WATER	1/2 CUP PEACHES ELF GRAHAMS FAT FREE CHOCOLATE MILK	APPLESAUCE CUP MOZZARELLA CHEESE STICK 100% APPLE JUICE 6 OZ	

Questions about the menu?
Food Service Director
Jonathan Schmit
jschmit@usd116.org

For more information
or to "Ask the Dietitian",
check out our website!



Comprehensive
nutrition & allergy
guides are
available in the
Foodservice Office.

Menu changes are
occasionally necessary.
Notice will be given when
possible.

This institution is an equal
opportunity employer.