**Wyoming Department of Education**

**USDA Summer Food Service Program**

**SNACK**

The following ten weeks of menus include ideas for cold snacks. Portion sizes (indicated in parentheses after each menu item) are for ages 6-18 and can be adjusted for ages 1-5 (with approval from the state office of Child Nutrition Programs). Keep in mind that the minimum serving sizes specified in the meal pattern may not be sufficient for older children, and additional items or increased serving sizes may be appropriate. The *Food Buying Guide for Child Nutrition Programs* should be used to determine specific amounts of food items which meet the minimum required serving size of each meal pattern component.

Snack menus must include two of the four snack components. The abbreviation to the left of each menu item indicates the snack pattern component supplied. The following abbreviations are used:

GB = Grains/Breads;

MA = Meat/Meat Alternate;

FV = Fruit/Vegetable;

M = Milk;

O = Other Food (non creditable);

A = Additional Items (creditable foods served in addition to the minimum required components). Water may only be served as a beverage with those snacks that do not include milk or juice.

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|  | **MONDAY** |  | **TUESDAY** |  | **WEDNESDAY** |  | **THURSDAY** |  | **FRIDAY** |
| **GB****M** | Graham Crackers (2 large) Milk (1 cup) | **MA****FV** | Mozzarella Stick, part skim (1 oz.)Grapes (¾ cup) | **FV****O****GB** | Carrot Sticks (¾ cup) with Lowfat Ranch Dip (2 oz.)Triscuits (5) | **GB****FV** | Blueberry Muffin1,3 (2 oz.)Orange Juice (¾ cup) | **A****MA****M** | Celery Sticks (4) stuffed with Peanut Butter (2 Tbsp.)Milk (1 cup) |
| **FV****MA** | Mandarin Oranges & Pineapple Tidbits (¾ cup) with Vanilla Yogurt Topping (½ cup) | **GB****M** | Animal Crackers, Sunshine (12)Milk (1 cup) | **FV****MA****A** | Apple Slices (¾ cup) with Peanut Butter (2 Tbsp.) and Raisins (2 Tbsp.) | **MA****GB****FV** | Sliced Turkey and Cheese(2 oz.) with Crackers1,2100% Juice Blend (¾ cup) | **FV****O****GB** | Cucumber and Carrot Slices with Lowfat Dip (¼ cup)Bachman Pretzel Thins (8) |
| **GB****M** | Oatmeal Raisin Cookies1,2,3Milk (1 cup) | **FV****GB** | Banana (1 medium)Wheat Thins (12) | **O****MA****FV** | Popcorn (2 cups) withShredded Cheese (1 oz.) Grape Juice (¾ cup) | **FV****GB** | Carrot Raisin Salad (¾ cup)Wheat Crackers1,2 | **GB****A****M** | Wheat Bagel (2 oz.)with Peanut Butter (1 Tbsp.) Milk (1 cup) |
| **GB****MA** **A** | Quaker Apple Cinnamon Rice Cakes (3) with Peanut Butter (2 Tbsp.) and Raisins (2 Tbsp.) | **FV****GB** | Cantaloupe and Watermelon chunks (¾ cup)Sunshine Vanilla Wafers (8) | **GB****MA** | Zucchini Bread2Fruit Yogurt (½ cup) | **FV****GB** | Sliced Peaches in Light Syrup (¾ cup)Graham Crackers (2 large)  | **A****MA****GB** | Pasta Veggie Salad with Cheese Cubes (1 oz.)Whole Grain Roll1 (2 oz.) |

Sample Snack Menus for the Summer Food Service Program (SFSP), Continued

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|  | **MONDAY** |  | **TUESDAY** |  | **WEDNESDAY** |  | **THURSDAY** |  | **FRIDAY** |
| **FV****A** **GB** | Cinnamon Applesauce (¾ cup) with Raisins (1 Tbsp.)  Fig Newtons (5) | **GB****A** **M** | Assorted Cold Cereal4(¾ cup or 1 oz.) Sliced Strawberries (¼ cup)  Milk (1 cup) | **MA****GB****A** | Fruit Yogurt (½ cup)Graham Crackers (2 large) Apple Juice (½ cup) | **GB****A****O** **M** | Raisin Bread (1 slice1) withPeanut Butter (1 Tbsp.) and Honey (1 tsp.) Milk (1 cup) | **FV****MA** | Apple Wedges (¾ cup)Cheese Cubes (1 oz.) |
| **GB****FV** | Goldfish Crackers (37)Choice of Apple, Orange or Grape Juice (¾ cup) | **MA****GB** **A** | Hummus (Chick Pea Dip) (¼ cup) with Snack Crackers1,2 and Carrot Sticks (½ cup) | **GB****M** | Pumpkin Muffin1,3 (2 oz.)Milk (1 cup) | **FV****O****GB** | Garden Salad (¾ cup) withItalian Dressing (2 Tbsp.) Garlic Breadsticks1,2 | **O****GB****M** | Vanilla Pudding (½ cup)Graham Crackers (2 large) Milk (1 cup) |
| **GB****MA****A** **FV** | Nacho Chips (1½ oz.)Shredded Cheese (1 oz.) Salsa (¼ cup)  Apple Juice (¾ cup) | **FV****GB** | Pineapple Chunks (¾ cup)Rye Crisp Crackers1,2 | **GB****M** | Chocolate Chip Cookies1,2,3Milk (1 cup) | **GB****FV****O** | Biscuit1,3 with Sliced Strawberries (¾ cup) and Whipped Cream (2 Tbsp.) | **MA****GB****A****A** | Chicken Salad (1/3 cup)in Pita Pocket Half1 with Shredded Lettuce and Tomato (¼ cup) |
| **GB****O****FV** | Bagel (3 oz.) with Cream Cheese (1 Tbsp.) Pineapple Juice (¾ cup) | **GB****MA****A** | Hard Pretzels1,2Cheese Cubes (1 oz.) Red Grapes (¼ cup) | **FV****O** **GB** | Raw Broccoli and Cauliflower (¾ cup) withLowfat Dressing (2 oz.) Crackers1,2 | **GB****MA****A** | Soft Tortilla Shell1 withRefried Beans (¾ cup) and Cheese (½ oz.) Lettuce and Tomato (¼ cup) | **FV****GB** | Applesauce (¾ cup)Sunshine Gingersnaps (8) |
| **MA****GB** **FV** | Ham (1 oz.) and Cheese (1 oz.) wrapped in Soft Tortilla Shell1 Orange Juice (¾ cup) | **GB****M** | Applesauce Raisin Cake1,3Milk (1 cup) | **GB****FV** | Soft Pretzel1,3 (2 oz.)Apple Juice (¾ cup) | **A****O****GB****M** | Peanut Butter (1 Tbsp.) and Jelly (½Tbsp.) onWheat Bread1 (2 slices) Milk (1 cup) | **GB****O****A****FV** | Waffle1,3 topped withFrozen Yogurt (½ cup) and Berries (¼ cup)  Apple Juice (¾ cup) |