



AFTER SCHOOL AT RISK SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Ham & Cheese Sandwich Cucumber Slices 1/2c Tangy Coleslaw 1/2c Frozen Peach Cup 1/2c	5 Bagel Meal WG Bagel 4oz cup of yogurt String Cheese Cherry Tomatoes 1/2c Fresh Oranges 1/2c	6 Italian Sub Sun Chips 1 bag ½ c Broccoli Salad ½ c Zucchini Sticks Fresh Watermelon Wedge 1/2c	7 PBJ Uncrustable String cheese ½ c Fresh Broccoli & Cauliflower ½ c Baby Carrots Sidekick Frozen Fruit Cup 1/2c
10 Ham and Cheese Sandwich Fresh Broccoli 1/2c Fresh Red Apple 1 c Romaine Garden Salad	11 Bologna & American Cheese Sandwich Celery Sticks 1/2c Cherry Tomatoes 1/2c Pineapple Tidbits 1/2c	12 Egg Salad Sandwich Baked Cheetos 1 bag ½ c Crunchy Baby Carrots ½ c Fresh Broccoli Fresh Orange Smiles	13 Turkey & Cheese Sandwich 1 ea Coleslaw 1/2c Lettuce & Tomato & Pickle Slices 1/4c Cinnamon Applesauce 1/2c	14 Bagel Meal WG Bagel 4oz cup of yogurt String Cheese Celery Sticks 1/2c w/ ranch Mandarin Orange Slices 1/2c
17 Roast beef & Cheese Hoagie ½ c Potato Salad ½ c Crunchy Baby Carrots Fresh Apple	18 Tuna Salad Sandwich ½ c Black Bean & Corn Salad ½ c Cucumber Slices Vanilla Pudding 1/2c Fresh Orange 1	19 Salami & Provolone on Bagel ½ c Pasta Salad ½ c Chery Tomatoes 1c Popeye Salad Diced Peaches 1/2c	20 Ham and Cheese Sandwich 1 ea 1/2c Tangy Coleslaw ½ c Fresh Baby Carrots Diced Pears 1/2c	21 Bagel Meal WG Bagel 4oz cup of yogurt String Cheese Cherry Tomatoes 1/2c Cinnamon Applesauce 1/2c
24 Turkey & Cheese Sandwich Potato Salad 1/2c ½ c Fresh Baby Carrots Celery Sticks 1/2c Craisins 1pkg	25 Ham & Cheese Sandwich Cucumber Slices 1/2c Tangy Coleslaw 1/4c Diced Peaches 1/2c	26 Italian Sub ½ c Pasta Salad ½ c Cherry Tomatoes 1/4c Cauliflower Pineapple Tidbits 1/2c	27 Chicken Salad Sandwich ½ c Crunchy Baby Carrots ½ c Fresh Broccoli Chocolate Pudding ½ c Fresh Orange	28 Bagel Meal WG Bagel 4oz cup of yogurt String Cheese Baby Carrots 1/2c Fresh Apple
 FRESH PICKS	 ChooseMyPlate.gov			

Milk served with meal.