

# Maria L. Varisco-Rogers Charter School

*Maschio's Food Services, Inc.*

## SEPTEMBER AFTER CARE SNACK

*Healthy Meals Grow Healthy Kids!*

| Monday  | Tuesday  | Wednesday  | Thursday                                      | Friday  |
|---|--|--|---|---|
| 8/30<br>CHEESE STICKS<br><i>w/</i><br>GOLD FISH<br>CRACKERS | 8/31<br>FRESH<br>ORANGE<br><i>w/</i><br>MUFFIN | 1<br>GRAPE BUDDIES<br><i>w/</i><br>ANIMAL<br>CRACKERS  | 2<br>FRESH<br>APPLE<br><i>w/</i><br>PRETZELS  | 3<br>FRESH PEAR<br><i>w/</i><br>BAKED DORITO  |
| 6<br>CHEESE STICKS<br><i>w/</i><br>GOLD FISH<br>CRACKERS    | 7<br>FRESH<br>ORANGE<br><i>W/</i><br>MUFFIN    | 8<br>GRAPE BUDDIES<br><i>w/</i><br>ANIMAL<br>CRACKERS  | 9<br>FRESH<br>APPLE<br><i>w/</i><br>PRETZELS  | 10<br>FRESH PEAR<br><i>w/</i><br>BAKED DORITO |
| 13<br>CHEESE STICKS<br><i>w/</i><br>GOLD FISH<br>CRACKERS   | 14<br>FRESH<br>ORANGE<br><i>W/</i><br>MUFFIN   | 15<br>GRAPE BUDDIES<br><i>w/</i><br>ANIMAL<br>CRACKERS | 16<br>FRESH<br>APPLE<br><i>w/</i><br>PRETZELS | 17<br>FRESH PEAR<br><i>w/</i><br>BAKED DORITO |
| 20<br>CHEESE STICKS<br><i>w/</i><br>GOLD FISH<br>CRACKERS   | 21<br>FRESH<br>ORANGE<br><i>W/</i><br>MUFFIN   | 22<br>GRAPE BUDDIES<br><i>w/</i><br>ANIMAL<br>CRACKERS | 23<br>FRESH<br>APPLE<br><i>w/</i><br>PRETZELS | 24<br>FRESH PEAR<br><i>w/</i><br>BAKED DORITO |
| 27<br>CHEESE STICKS<br><i>w/</i><br>GOLD FISH<br>CRACKERS   | 28<br>FRESH<br>ORANGE<br><i>W/</i><br>MUFFIN   | 29<br>GRAPE BUDDIES<br><i>w/</i><br>ANIMAL<br>CRACKERS | 30<br>FRESH<br>APPLE<br><i>w/</i><br>PRETZELS |   |



SNACK SMART  
FOR A  
HEALTHY HEART

