



December 2018 Afternoon Snack Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
3 1oz Apple Jacks Pouch 6oz 100% Orange Juice	4 2oz Banana Muffin 6oz 100% Apple Juice	5 1.5oz Strawberry Nutrigrain Bar 6oz 100% Grape Juice	6 1oz Bug Bite Crackers 6oz 100% Fruit Punch Juice	7 .75oz Cheddar Goldfish 6oz 100% Apple Juice
10 1oz Bug Bite Crackers 6oz 100% Orange Juice	11 1oz Cheesestick 6oz 100% Apple Juice	12 .75oz WG Pretzel Goldfish 6oz 100% Grape Juice	13 1oz Apple Jacks Pouch 6oz 100% Fruit Punch Juice	14 2oz Banana Muffin 6oz 100% Apple Juice
17 1oz Animal Crackers 6oz 100% Orange Juice	18 4oz Vanilla Yogurt 6oz 100% Apple Juice	19 1oz Cheesestick 6oz 100% Grape Juice	20 1.5oz Strawberry Nutrigrain Bar 6oz 100% Fruit Punch Juice	21 .75oz WG Pretzel Goldfish 6oz 100% Apple Juice
24 <i>Happy Holidays!</i>  Winter Break No School 31	25 <i>Happy Holidays!</i>  Winter Break No School	26 <i>Happy Holidays!</i>  Winter Break No School	27 <i>Happy Holidays!</i>  Winter Break No School	28 <i>Happy Holidays!</i>  Winter Break No School



Snacks can be an important part of your diet. They can provide energy in the middle of the day or when you exercise. A healthy **snack** between meals can also decrease your hunger and keep **you** from overeating at meal time.

**Nutrition Services
Charleston County
School District**

843-566-8180

www.ccsdschools.com

Charleston County SCHOOL DISTRICT
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