

**ST. MARY'S COUNTY RECREATION AND PARKS  
BEFORE AND AFTER SCHOOL PROGRAMS  
2018-2019 SCHOOL YEAR  
SNACK MENU PLAN**

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Feb 4-8	<b>A.M.</b>	String Cheese  <i>100% Juice</i>	Graham Crackers  <i>1% Milk</i>	Waffles* Syrup  <i>1% Milk</i>	Cereal  <i>1% Milk</i>	Cereal  <i>1% Milk</i>
	<b>P.M.</b>	Rice Cakes Peanut Butter  <i>1% Milk</i>	Carrots & Ranch  <i>1% Milk</i>	Salad (mixed greens, shredded cheese) <i>100% Juice</i>	English Muffin Pizza* <small>w/ pizza sauce &amp; cheese</small>  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>
Feb 11-15	<b>A.M.</b>	Wheat Thin Crackers  <i>1% Milk</i>	Plain Yogurt w/ berries (fruit)  <i>1% Milk</i>	Pancakes* Syrup  <i>1% Milk</i>	Whole Grain Goldfish Crackers  <i>100% Juice</i>	Cereal  <b><i>Early Dismissal</i></b> <i>1% Milk</i>
	<b>P.M.</b>	Pretzels & Cheese Cubes  <i>100 % Juice</i>	Tortilla Wheels* <small>1/2 whole wheat tortilla, 1 slice cheese 1 slice turkey)</small> <i>1 % Milk</i>	Bananas & Nilla Wafers  <i>1 % Milk</i>	Graham Crackers  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>
Feb 18-22	<b>A.M.</b>	<b>Holiday</b>	Graham Crackers  <i>1% Milk</i>	Waffles* Syrup  <i>1% Milk</i>	Cereal  <i>1% Milk</i>	Cereal  <i>1% Milk</i>
	<b>P.M.</b>		Carrots & Ranch  <i>1% Milk</i>	Salad (mixed greens, shredded cheese) <i>100% Juice</i>	English Muffin Pizza* <small>w/ pizza sauce &amp; cheese</small>  <i>1 % Milk</i>	Fresh Fruit  <i>1% Milk</i>
Feb 25- Mar 1	<b>A.M.</b>	Wheat Thin Crackers  <i>1% Milk</i>	Plain Yogurt w/ berries (fruit)  <i>1% Milk</i>	Pancakes* Syrup  <i>1% Milk</i>	Whole Grain Goldfish Crackers  <i>100% Juice</i>	Cereal  <b><i>Early Dismissal</i></b> <i>1% Milk</i>
	<b>P.M.</b>	Pretzels & Cheese Cubes  <i>100 % Juice</i>	Tortilla Wheels* <small>1/2 whole wheat tortilla, 1 slice cheese 1 slice turkey)</small> <i>1 % Milk</i>	Bananas & Nilla Waters  <i>1 % Milk</i>	Graham Crackers  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>