

# MENU

MECC Afterschool Snack

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**SEPTEMBER**  
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|                                           |                                     |                                         |                                             |                                           |
|-------------------------------------------|-------------------------------------|-----------------------------------------|---------------------------------------------|-------------------------------------------|
| 31<br>Pretzels<br>Craisins (2)            | 1<br>Orange Slices<br>Cheese Stick  | 2<br>Low-fat Go-Gurt<br>Apple Slices    | 3<br>WG Baked Tortilla Chips<br>Cheese Cup  | 4<br>NO SCHOOL<br>ENJOY THE<br>WEEKEND! 🌸 |
| 7<br>NO SCHOOL<br>LABOR DAY! 🇺🇸           | 8<br>Turkey Stick<br>WG Crackers    | 9<br>4 oz Yogurt Cup<br>Graham Cracker  | 10<br>Cheez it's<br>Carrots w/ Ranch        | 11<br>Peanut Butter Crackers<br>Banana    |
| 14<br>Pretzels<br>Craisins (2)            | 15<br>Orange Slices<br>Cheese Stick | 16<br>Low-fat Go-Gurt<br>Apple Slices   | 17<br>WG Baked Tortilla Chips<br>Cheese Cup | 18<br>Cheese Crackers<br>Apple            |
| 21<br>NO SCHOOL<br>ENJOY THE DAY OFF<br>🌸 | 22<br>Turkey Stick<br>WG Crackers   | 23<br>4 oz Yogurt Cup<br>Graham Cracker | 24<br>Cheez it's<br>Carrots w/ Ranch        | 25<br>Peanut Butter Crackers<br>Banana    |
| 28<br>Pretzels<br>Craisins (2)            | 29<br>Orange Slices<br>Cheese Stick | 30<br>Low-fat Go-Gurt<br>Apple Slices   | 1<br>WG Baked Tortilla Chips<br>Cheese Cup  | 2<br>Cheese Crackers<br>Apple             |

Students **MUST** take both components of the snack to be reimbursable

Student **MUST** have 3/4 cup of Fruits or Vegetables

USDA is an equal opportunity provider and employer

Families will be notified of any changes made to the menu.

Adult Snack:  
\$1.40

