

Site: Saginaw YMCA
 Month: December 2018

After School Meal Program Menu

	Monday DATE: 11/26/2018	Tuesday DATE: 11/27/2018	Wednesday DATE: 11/28/2018	Thursday DATE: 11/29/2018	Friday DATE: 11/30/2018	Saturday DATE: 12/1/2018
Snack: (2 of the 5 listed below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED
Lunch/Supper: -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Celery -W.W Wrap	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Apples - Cucumbers -W.G. Bread	-Low Fat Milk -Beans with Shredded Cheese -Raspberry Yogurt -Salsa and Peppers -Tortilla Chips	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -Oranges -Cucumbers -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots -4 Packets of W.G. Crackers "Healthy Lunchables"	-Low Fat Milk -Beans with Shredded Cheese -Melon -Salsa and Peppers -Tortilla Chips

KEY: W.W.: Whole Wheat, W.G.: Whole Grain

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After School Meal Program Menu

	Monday DATE: 12/3/2018	Tuesday DATE: 12/4/2018	Wednesday DATE: 11/28/2018	Thursday DATE: 12/5/2018	Friday DATE: 12/6/2018	Saturday DATE: 12/7/2018
Snack: (2 of the 5 listed below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED
Lunch/Supper: -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Tomatoes and Peppers -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Strawberry / Banana Yogurt -Cucumbers -4 Packets of W.G. Crackers "Healthy Lunchables"	-Low Fat Milk -Beans with Shredded Cheese -Oranges -Salsa and Peppers -Tortilla Chips	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -String Cheese -Applesauce -Carrots -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Cucumbers -Bananas -4 Packets of W.G. Crackers "Healthy Lunchables"	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -Blueberry Yogurt -Cucumbers -W.G. Bread

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After School Meal Program Menu

	Monday DATE: 12/10/2018	Tuesday DATE: 12/11/2018	Wednesday DATE: 12/12/2018	Thursday DATE: 12/13/2018	Friday DATE: 12/14/2018	Saturday DATE: 12/15/2018
Snack: (2 of the 5 listed below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED
Lunch/Supper: -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -Bananas -Celery w/ Wow Butter -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat and Sliced Cheese -Applesauce -Carrots -W.W. Wraps	-Low Fat Milk -Beans with Shredded Cheese -Oranges -Salsa and Peppers -Tortilla Chips	-Low Fat Milk -Chicken Lunch Meat and Sliced Cheese -Blueberry Yogurt -Carrots -W.W. Wraps	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots - 4 Packets of W.G. Crackers "Healthy Lunchables"	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Grape Tomatoes -W.W Wrap

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After School Meal Program Menu

	Monday DATE: 12/17/2018	Tuesday DATE: 12/18/2018	Wednesday DATE: 12/19/2018	Thursday DATE: 12/20/2018	Friday DATE: 12/21/2018	Saturday DATE: 12/22/2018
Snack: (2 of the 5 listed below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED	NO SNACK SERVED
Lunch/Supper: -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Celery -W.W Wrap	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Apples - Cucumbers -W.G. Bread	-Low Fat Milk -Beans with Shredded Cheese -Melon -Salsa and Peppers -Tortilla Chips	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -Oranges -Cucumbers -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots -4 Packets of W.G. Crackers "Healthy Lunchables"	-Low Fat Milk -Beans with Shredded Cheese -Melon -Salsa and Peppers -Tortilla Chips

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After School Meal Program Menu

	Monday DATE: 12/24/2018	Tuesday DATE: 12/25/2018	Wednesday DATE: 12/26/2018	Thursday DATE: 12/27/2018	Friday DATE: 12/28/2018	Saturday DATE: 12/29/2018
Snack: (2 of the 5 listed below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	CLOSED – MERRY CHRISTMAS!	CLOSED – MERRY CHRISTMAS!	CLOSED – MERRY CHRISTMAS!	-Grapes -String Cheese -W.G. Crackers -Water	-Strawberries -Graham Crackers w/ Wow Butter -Water	NO SNACK SERVED
Lunch/Supper: -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	CLOSED – MERRY CHRISTMAS!	CLOSED – MERRY CHRISTMAS!	CLOSED – MERRY CHRISTMAS!	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -Blueberry Yogurt -Cucumbers -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots - 4 Packets of W.G. Crackers "Healthy Lunchables"	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Apples - Cucumbers -W.G. Bread

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After School Meal Program Menu

	Monday DATE: 12/30/2018	Tuesday DATE: 12/31/2018	Wednesday DATE: 1/1/2019	Thursday DATE: 1/2/2019	Friday DATE: 1/3/2019	Saturday DATE: 1/4/2019
Snack: (2 of the 5 listed below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	CLOSED – HAPPY NEW YEAR!	CLOSED – HAPPY NEW YEAR!	CLOSED – HAPPY NEW YEAR!	-Celery w/ Wow Butter -Graham Crackers -Water	-Raspberry Yogurt -Graham Crackers -Water	NO SNACK SERVED
Lunch/Supper: -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	CLOSED – HAPPY NEW YEAR!	CLOSED – HAPPY NEW YEAR!	CLOSED – HAPPY NEW YEAR!	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -String Cheese -Oranges -Cucumbers -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots - 4 Packets of W.G. Crackers “Healthy Lunchables”	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots - 4 Packets of W.G. Crackers “Healthy Lunchables”

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