

Site: Saginaw YMCA
 Month: January 2019

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”

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

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After School Meal Program Menu

	Monday DATE: 1/7/2019	Tuesday DATE: 1/8/2019	Wednesday DATE: 1/9/2019	Thursday DATE: 1/10/2019	Friday DATE: 1/11/2019	Saturday DATE: 1/12/2019
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	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

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After School Meal Program Menu

	Monday DATE: 1/14/2019	Tuesday DATE: 1/15/2019	Wednesday DATE: 1/16/2019	Thursday DATE: 1/17/2019	Friday DATE: 1/18/2019	Saturday DATE: 1/19/2018
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: 1/21/2019	Tuesday DATE: 1/22/2019	Wednesday DATE: 1/23/2019	Thursday DATE: 1/24/2019	Friday DATE: 1/25/2019	Saturday DATE: 1/26/2019
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	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: 1/28/2019	Tuesday DATE: 1/29/2019	Wednesday DATE: 1/30/2019	Thursday DATE: 1/31/2019	Friday DATE: 2/1/2019	Saturday DATE: 2/2/2019
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	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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