

## Rock Hill After School Snack Menu 2018-19

### November 2018

Mon	Tue	Wed	Thu	Fri
<b>29</b> Whole Grain Pretzel Heartzels Colby Jack Stick	<b>30</b> 100% Grape Juice 6oz SS Nacho Cheese Doritos	<b>31</b> Whole Grain Banana Loaf Fresh Apple	<b>1</b> 100% Orange Juice 6oz Whole Grain Cheddar Cheez-Its	<b>2</b> Cinnamon Toast Crunch Cereal Bar Fat Free Chocolate Milk
<b>5</b> 100% Apple Juice 6oz Giant Cinnamon Graham Goldfish	<b>6</b> Election Day	<b>7</b> 100% Grape Juice 6oz SS Oven Baked Crunchy Cheetos	<b>8</b> Double Chocolate Chip Muffin String Cheese	<b>9</b> Mixed Berry Cereal Bar White 1% Low Fat Milk
<b>12</b> Golden Blueberry Muffin 100% Orange Juice 6oz	<b>13</b> Fresh Apple SS Garden Salsa Snack Mix	<b>14</b> Kids Snack Mix String Cheese	<b>15</b> Strawberry Cheerios Cereal Bar Fat Free Chocolate Milk	<b>16</b> 100% Apple Juice 6oz Whole Grain Cheddar Goldfish
<b>19</b> Chocolate Graham Bears String Cheese	<b>20</b> 100% Grape Juice 6oz Whole Grain Cheddar Cheez-Its	<b>21</b> Thanksgiving Break	<b>22</b> Thanksgiving Break	<b>23</b> Thanksgiving Break
<b>26</b> Mixed Berry Cereal Bar White 1% Low Fat Milk	<b>27</b> Whole Grain Bug Bite Graham Crackers Colby Jack Stick	<b>28</b> 100% Apple Juice 6oz Giant Cinnamon Graham Goldfish	<b>29</b> 100% Orange Juice 6oz SS Oven Baked Crunchy Cheetos	<b>30</b> Double Chocolate Chip Muffin String Cheese

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