

YMCA Afterschool Program October 2023 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2. Snack: WG BBQ Chips 100% Fruit Punch	3. Snack: WG Cinnamon Gold Fish, 100% Berry Breeze	4. Snack: White Cheddar Popcorn, 100% Apple Juice	5. Snack: WG Chocolate Chip Granola Bar, 100% Fruit Juice	6. Snack: WG Cheddar Sun Chips, 100% Apple Juice
9. SCHOOL CLOSED	10. Snack: Graham Crackers, 100% Fruit Punch	11. Snack: WG Raspberry Nutrigrain Bar, 100% Apple Juice	12. Snack: WG Fruit Filled Fig Bar, 100% Fruit Juice	13. Snack: WG Cheddar Sun Chips, 100% Grape Juice
16. Snack: WG BBQ Chips, 100% Fruit Punch	17. Snack: WG Cinnamon Goldfish, 100% Berry Breeze	18. Snack: White Cheddar Popcorn, 100% Apple Juice	19. Snack: WG Chocolate Chip Granola Bar, 100% Fruit Juice	20. Snack: WG Cheddar Sun Chips, 100% Apple Juice
23. Snack: WG Pretzels, 100% Orange Juice	24. Snack: Graham Crackers, 100% Fruit Punch	25. Snack: WG Raspberry Nutrigrain Bar, 100% Apple Juice	26. Snack: WG Fruit Filled Fig Bar, 100% Fruit Juice	27. Snack: WG Cheddar Sun Chips, 100% Grape Juice
30. Snack: WG BBQ Crisps, 100% Fruit Punch	31. Snack: WG Cinnamon Goldfish, 100% Berry Breeze Juice			

Menu subject to change. All Juice served is 100% Juice. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English