### Power up with After School Food

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| Benefit Bar  
4 oz. Yogurt  
Sunflower Seeds  
Fresh Veggies  
Fruit & Juice  
Choice of Milk | PBJ Uncrustable  
Lunch Box  
Pretzels  
String Cheese  
Veggies  
Fruit  
Choice of Milk | Yogurt & Fruit  
Parfait with  
Granola  
Veggies  
Fruit  
Choice of Milk | Protein Packed  
Muncher  
Egg, Cheese and  
Peanut Butter  
Gram Crackers  
Veggies & Fruit  
Choice of Milk | Pizza Muncher  
Flat Breads  
Pizza Sauce  
Mozzarella Cheese  
Pepperoni Slices  
Veggies & Fruit  
Choice of Milk |

### Berlin Elementary Power up Meal follows the USDA Lunch meal pattern.
**The Menu is a 2 Week Rotating Menu**

| Benefit Bar  
4 oz. Yogurt  
String Cheese  
Veggies  
Fruit or Juice  
Choice of Milk | Bagel Muncher  
Peanut Butter  
4 oz. Yogurt  
Veggies  
Fruit  
Choice of Milk | Turkey & Cheese  
Wrap  
Pretzels  
Veggies & Fruit  
Choice of Milk | Nacho Muncher  
Tortilla Chips  
Salsa & Cheese  
Sun Flower Seeds  
Veggies  
Fruit  
Choice of Milk | Classic Appetizer  
Muncher  
Ham & Cheese  
Crackers  
Veggies  
Fruit  
Choice of Milk |

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