

# Power up with After School Food

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Benefit Bar</b> 4 oz. Yogurt Fresh Veggies Fruit or Juice Choice of Milk	<b>Bagel Muncher</b> Bagel Cream Cheese 4 oz. Yogurt Veggies Fruit Choice of Milk	<b>Pizza Wrap Muncher</b> Dorotos RF Veggies Fruit Choice of Milk	<b>Nacho Muncher</b> Tortilla Chips Salsa & Cheese Sun Flower Seeds Veggies Fruit Choice of Milk	<b>Classic Appetizer Muncher</b> Ham & Cheese Crackers Veggies Fruit Choice of Milk

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



<b>Benefit Bar</b> 4 oz. Yogurt Fresh Veggies Fruit or Juice Choice of Milk	<b>Un crustable Lunch Box</b> Pretzels Veggies String Cheese Fruit or Juice Choice of Milk	<b>Parfait</b> Yogurt with Fruit Granola Veggies & Crackers 100% Fruit Juice Choice of Milk	<b>Protein Packed Muncher</b> Egg, Cheese Peanut Butter Veggies & Fruit Gram Crackers Choice of Milk	<b>Pizza Muncher</b> Flat Bread Pizza Sauce Mozzarella Cheese Pepperoni Slices Veggies & Fruit Choice of Milk
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