



**MCBAIN RURAL
AGRICULTURAL SCHOOL**
"FEEL THE WHEEL"

LW Afterschool 2022/2023
Updated: 1/10/23

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
One	Breadstick Marinara	Yogurt with Granola	Banana Bread Milk	Animal Crackers Carrots with Ranch	Goldfish Crackers Banana
Two	Reduced Sugar Cinnamon Toast Crunch Milk	Yogurt Strawberries	Crackers with Cheese Slices Grapes	Teddy Grahams Applesauce	Apple Slices Cheese Cubes
Three	Tortilla Chips Salsa	Yogurt with Granola	Animal Crackers Pears	Cereal Trail Mix Peppers with Ranch	Mini Pretzels String Cheese
Four	Reduced Sugar Cinnamon Toast Crunch Milk	Yogurt Blueberries	Bagel with Cream Cheese Cucumbers	Teddy Grahams Mandarin Oranges	Apple Slices Cheese Cubes

**Daily Milk
Choices:**
1% White Milk
&
Skim White Milk

Students are encouraged to try the daily fruits and vegetables offered. Select at least 1/2 cup of fruit or vegetable to make it a meal.

