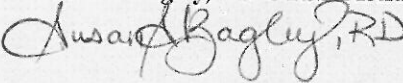
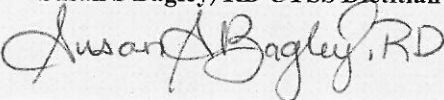


**West Point Youth Services Menu
Fall/Winter Snack Menu 2011-2012**

Cycle 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
2 of 4 Components Served	Pizza Con Queso	Hot Cocoa and Sticks	Krispie Rice	Quesadilla	Veggies and Pretzels
Milk, Fluid		Hot Chocolate (Made with Skim Milk)	Skim Milk		
Vegetables/ Fruits	Pineapple Rings		Bananas		Carrot and Celery Sticks
Grains/ Breads	Pizza Con Queso Triangles	Graham Crackers	Cereal	Tortillas	Pretzels
Meat/Meat Alternate				Shredded Cheddar Cheese	Sliced Cheese
Other		Marshmallows		Sour Cream/Salsa	Ranch Dressing
	3/4 cup Pineapples 1 serving	1 Cup Milk 2 packs/4 crackers	3/4 Cup Cereal 1 Banana 1 Cup Milk	1 Tortilla 1/4 Cup Cheese	3/4 cup Carrots/Celery 3/4 cup pretzels
Susan S Bagley, RD CYSS Dietitian 					

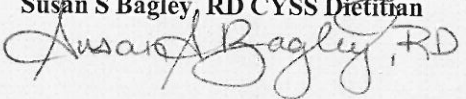
Combating Obesity: Eat Smart, Play Hard!

**West Point Youth Services Menu
Fall/ Winter Snack Menu 2011-2012**

Cycle 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
2 of 4 Components Served	Yogurt Parfait	Chips and Salsa	Chicken and Cues	Cookies and Milk	Chicken Sandwich
Milk, Fluid				Skim Milk	
Vegetables/ Fruits	Diced Apples with lime juice	Salsa	Sliced Cucumbers		Lettuce/Tomato Slices
Grains/ Breads	Rice Krispies	Tortilla Chips		Oatmeal Cookies	Rolls
Meat/Meat Alternate	Vanilla Yogurt	Fire Roasted Black Beans	Chicken Pretzels		Grilled Chicken Strips
Other			Ketchup Light Ranch		Honey Mustard
	3/4 Cup Fruit 1/2 Cup Vanilla Yogurt	1 Serving Tortilla Chips 1/2 Cup Salsa	1 Serving Chicken Pretzel 3/4 Cup Veggies	3/4 Cup Skim Milk 2 Oatmeal Cookies	1 Roll 1 oz grilled chicken
<p>Susan S Bagley, RD CYSS Dietitian</p> 					

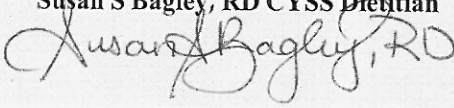
Combating Obesity: Eat Smart, Play Hard!

**West Point Youth Services Menu
Fall/Winter Snack Menu 2011-2012**

Cycle 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
2 of 4 Components Served	Pretzels and Sauce	Fruit Salsa	Muffins and Fruit	Grilled Cheese/Soup	Chili
Milk, Fluid	Skim Milk				
Vegetables/ Fruits	Marinara Sauce	Fruit Salsa Recipe of the Week	Fresh Apples and Pears	Tomato Soup	
Grains/ Breads	Hot Pretzels	Baked Cinnamon Sugar Tortillas	Muffins	Whole Wheat Bread	Saltine Crackers
Meat/Meat Alternate				Sliced Cheese	Chili Shredded Cheese
Other	Mustard				
	1 cup Milk 1 serving warm pretzels	3/4 fruit salsa 1 Tortilla	1 pear or 3/4 cup pears 1 muffin	1/2 cup tomato soup 1 Cheese Sandwich	Saltine Crackers 1 oz chili beans
<p>Susan S Bagley, RD CYSS Dietitian</p> 					

Combating Obesity: Eat Smart, Play Hard!

**West Point Youth Services Menu
Fall/Winter Snack Menu 2011-2012**

Cycle 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
2 of 4 Components Served	Pasta Marinara	Asian Fusion	Chicken Noodle	Bagels and Fruit	Veggie of the Week
Milk, Fluid					
Vegetables/ Fruits	Marinara	Edamame		Oranges	Vegetable of the Week
Grains/ Breads	Ziti Pasta	Asian Rice	Saltine Crackers	Honey Wheat Bagels	Whole Wheat Pizza Crust
Meat/Meat Alternate			Chicken Noodle Soup		
Other	Grated Parmesean	Fortune Cookies	Add Chicken	Cream Cheese	
	3/4 cup cooked pasta 3/4 cup marinara	3/4 Cup Edamame 3/4 cup rice	5 Crackers 1/2 cup Soup	1 Orange 1 medium bagel	1 Slice 3/4 cup vegetables
<p style="margin: 0;">Susan S Bagley, RD CYSS Dietitian</p> 					

Combating Obesity: Eat Smart, Play Hard!