

# December 2025



## Snack, 100 Calorie

### Grafton

### Snacks!

Clients may substitute any snacks for fresh fruit

2000 Calorie Plan Includes:

10:00 a.m. Snack (approx. 100 calories)

Afterschool Snack (approx. 100 Calories + **Fruit**)

Evening Snack (approx. 100 Calories + **Milk**)

If you have special requests or

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Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	
	<p>10:00 a.m. 20 Grapes &amp; 1 Slice of Cheese <b>Afterschool Snack:</b> Lays Classic (1/2 oz)</p> <p><b>Evening:</b> 4 Apple Wedges &amp; 1T Peanutbutter</p>	<p>10:00 a.m. Chobani 4oz Greek Yogurt <b>Afterschool Snack:</b> Roasted Sunflower Seeds (1/2 oz)</p> <p><b>Evening:</b> Darlington Farms Chocolate Chip cookie</p>	<p>10:00 a.m. Apple <b>Afterschool Snack:</b> Power Snacks Sweet Trail Mix</p> <p><b>Evening:</b> Darlington Farms Sugar Free Lemon Cookie</p>	<p>10:00 a.m. Quaker Caramel Rice Cakes (1oz) <b>Afterschool Snack:</b> Crispy Granola Bites</p> <p><b>Evening:</b> 1 String Cheese Stick</p>	<p>10:00 a.m. 100% Orange Juice Juice Box <b>Afterschool Snack:</b> Scooby Doo Fruit Snacks</p> <p><b>Evening:</b> Celery &amp; 1T Peanutbutter</p>	<p>10:00 a.m. Fig Newtons (1oz) <b>Afterschool Snack:</b> Baked Cheddar Goldfish (.75oz)</p> <p>Cheese &amp; Crackers (4 crackers &amp; 1 oz cheese)</p>	
	<p>7</p> <p>10:00 a.m. Danimals Yogurt <b>Afterschool Snack:</b> Power Snacks Tropical Trail Mix</p> <p><b>Evening:</b> Giant Graham Cinnamon Goldfish</p>	<p>8</p> <p>10:00 a.m. Banana - <b>Afterschool Snack:</b> Rold Gold Tiny Twist Pretzels (1oz)</p> <p><b>Evening:</b> Cocoa Crispy Bites</p>	<p>9</p> <p>10:00 a.m. 1oz Cinnamon Toast Crunch <b>Afterschool Snack:</b> Baked Lays (.875 oz)</p> <p><b>Evening:</b> 2 Oreos</p>	<p>10</p> <p>10:00 a.m. Hard Boiled Egg &amp; Tropical Fruit Cup <b>Afterschool Snack:</b> Welches Fruit Snacks</p> <p><b>Evening:</b> Smartfood White Cheddar (.625oz)</p>	<p>11</p> <p>10:00 a.m. Chewy Choc Chip Granola Bar <b>Afterschool Snack:</b> 10 Baby Carrots w/ Hidden Valley Light Ranch (1oz)</p> <p><b>Evening:</b> Garden Salsa Sunchips (1oz)</p>	<p>12</p> <p>10:00 a.m. 100% Orange Juice Juice Box <b>Afterschool Snack:</b> Danimals Yogurt</p> <p><b>Evening:</b> Celery &amp; 1T Peanutbutter</p>	<p>13</p> <p>10:00 a.m. Fig Newtons (1oz) <b>Afterschool Snack:</b> Baked Cheddar Goldfish (.75oz)</p> <p>Cheese &amp; Crackers (4 crackers &amp; 1 oz cheese)</p>
	<p>14</p> <p>10:00 a.m. Peanut Butter Crunch Nature Valley Bar <b>Afterschool Snack:</b> Pretzel Goldfish (.75oz)</p> <p><b>Evening:</b> 2 Oreos</p>	<p>15</p> <p>10:00 a.m. 20 Grapes &amp; 1 Slice of Cheese <b>Afterschool Snack:</b> Lays Classic (1/2 oz)</p> <p><b>Evening:</b> 4 Apple Wedges &amp; 1T Peanutbutter</p>	<p>16</p> <p>10:00 a.m. Chobani 4oz Greek Yogurt <b>Afterschool Snack:</b> Roasted Sunflower Seeds (1/2 oz)</p> <p><b>Evening:</b> Darlington Farms Chocolate Chip cookie</p>	<p>17</p> <p>10:00 a.m. Apple <b>Afterschool Snack:</b> Power Snacks Sweet Trail Mix</p> <p><b>Evening:</b> Darlington Farms Sugar Free Lemon Cookie</p>	<p>18</p> <p>10:00 a.m. Quaker Caramel Rice Cakes (1oz) <b>Afterschool Snack:</b> Crispy Granola Bites</p> <p><b>Evening:</b> 1 String Cheese Stick</p>	<p>19</p> <p>10:00 a.m. 100% Orange Juice Juice Box <b>Afterschool Snack:</b> Scooby Doo Fruit Snacks</p> <p><b>Evening:</b> Celery &amp; 1T Peanutbutter</p>	<p>20</p> <p>10:00 a.m. Fig Newtons (1oz) <b>Afterschool Snack:</b> Baked Cheddar Goldfish (.75oz)</p> <p><b>Evening:</b> Cheese &amp; Crackers (4 crackers &amp; 1 oz cheese)</p>
	<p>21</p> <p>10:00 a.m. Danimals Yogurt <b>Afterschool Snack:</b> Power Snacks Tropical Trail Mix</p> <p><b>Evening:</b> Giant Graham Cinnamon Goldfish</p>	<p>22</p> <p>10:00 a.m. Banana - <b>Afterschool Snack:</b> Rold Gold Tiny Twist Pretzels (1oz)</p> <p><b>Evening:</b> Cocoa Crispy Bites</p>	<p>23</p> <p>10:00 a.m. 1oz Cinnamon Toast Crunch <b>Afterschool Snack:</b> Baked Lays (.875 oz)</p> <p><b>Evening:</b> 2 Oreos</p>	<p>24</p> <p>10:00 a.m. Hard Boiled Egg &amp; Tropical Fruit Cup <b>Afterschool Snack:</b> Welches Fruit Snacks</p> <p><b>Evening:</b> Smartfood White Cheddar (.625oz)</p>	<p>25</p> <p>10:00 a.m. Chewy Choc Chip Granola Bar <b>Afterschool Snack:</b> 10 Baby Carrots w/ Hidden Valley Light Ranch (1oz)</p> <p><b>Evening:</b> Garden Salsa Sunchips (1oz)</p>	<p>26</p> <p>10:00 a.m. 100% Orange Juice Juice Box <b>Afterschool Snack:</b> Danimals Yogurt</p> <p><b>Evening:</b> Celery &amp; 1T Peanutbutter</p>	<p>27</p> <p>10:00 a.m. Fig Newtons (1oz) <b>Afterschool Snack:</b> Baked Cheddar Goldfish (.75oz)</p> <p>Cheese &amp; Crackers (4 crackers &amp; 1 oz cheese)</p>
	<p>28</p> <p>10:00 a.m. Peanut Butter Crunch Nature Valley Bar <b>Afterschool Snack:</b> Pretzel Goldfish (.75oz)</p> <p><b>Evening:</b> 2 Oreos</p>	<p>29</p> <p>10:00 a.m. 20 Grapes &amp; 1 Slice of Cheese <b>Afterschool Snack:</b> Lays Classic (1/2 oz)</p> <p><b>Evening:</b> 4 Apple Wedges &amp; 1T Peanutbutter</p>	<p>30</p> <p>10:00 a.m. Chobani 4oz Greek Yogurt <b>Afterschool Snack:</b> Roasted Sunflower Seeds (1/2 oz)</p> <p><b>Evening:</b> Darlington Farms Chocolate Chip cookie</p>	<p>31</p> <p>10:00 a.m. Apple <b>Afterschool Snack:</b> Power Snacks Sweet Trail Mix</p> <p><b>Evening:</b> Darlington Farms Sugar Free Lemon Cookie</p>			