

January 2026



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

Drew Landenburger, MS, CNS
Dietitian
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Richmond Kitchen
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James DeGaetano
Kitchen Manager Berryville
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Lucinda Windham, RD, GM
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540-486-6338

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