

2023-2024 FLA Base Afterschool Snack Menu

September 2023

2023-2024 FLA Base Afterschool Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fruit Apple Juice Grains Cheddar Chex
4 Fruit Fruit Punch Grains Goldfish Pretzels	5 Fruit Apple Juice Grains Chocolate Caramel Chex	6 Fruit Fruit Punch Misc. Strawberry Banana Yogurt	7 Fruit Apple Juice Grains Harvest Cheddar Snack Mix WG	8 Fruit Fruit Punch Grains Animal Crackers
11 Fruit Apple Juice Grains Goldfish Pretzels	12 Entree Oats N Honey Bar Fruit Fruit Punch	13 Fruit Apple Juice Grains Original Sun Chips	14 Entree Blueberry Muffin Fruit Fruit Punch	15 Fruit Apple Juice Grains Cinnamon Teddy Grahams
18 Fruit Fruit Punch Grains Chocolate Caramel Chex	19 Fruit Apple Juice Grains Animal Crackers	20 Fruit Fruit Punch Grains Cheez-It Crackers	21 Fruit Apple Juice Grains Harvest Cheddar Snack Mix WG	22 Fruit Fruit Punch Misc. Strawberry yogurt
25 Fruit Apple Juice Grains Original Sun Chips	26 Entree Oats N Honey Bar Fruit Fruit Punch	27 Entree Apple Cinnamon Muffin Fruit Apple Juice	28 Fruit Fruit Punch Grains Cheetos Puffs	29 Fruit Apple Juice Grains Cheddar Chex

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1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: Program.Intake@usda.gov

Monday	Tuesday	Wednesday	Thursday	Friday
				<div>1</div> <div>Entree</div> <div>Banana Bread</div> <div>Fruit</div> <div>Fresh Apple</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div>
<div>4</div> <div>Entree</div> <div>Banana Muffin</div> <div>Fruit</div> <div>Fresh Apple</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div> <div>Misc.</div> <div>Strawberry Banana Yogurt</div>	<div>5</div> <div>Entree</div> <div>Apple Cinnamon</div> <div>NutriGrain Bar</div> <div>Fruit</div> <div>Applesauce Cup</div> <div>Craisins</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div>	<div>6</div> <div>Entree</div> <div>Blueberry Muffin</div> <div>Fruit</div> <div>Fresh Apple</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div>	<div>7</div> <div>Entree</div> <div>Mini Waffles</div> <div>Fruit</div> <div>Apple Slices</div> <div>Apple Juice</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div>	<div>8</div> <div>Entree</div> <div>Cinnamon Bun</div> <div>Crunchmania</div> <div>Fruit</div> <div>Fresh Apple</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div>
<div>11</div> <div>Entree</div> <div>French Toast Sticks</div> <div>Fruit</div> <div>Fresh Apple</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div>	<div>12</div> <div>Entree</div> <div>Apple Cinnamon</div> <div>NutriGrain Bar</div> <div>Fruit</div> <div>Craisins</div> <div>Mandarin Oranges</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div>	<div>13</div> <div>Entree</div> <div>Honey Wheat Bagel</div> <div>Fruit</div> <div>Fresh Apple</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div> <div>Misc.</div> <div>Cream Cheese PC</div>	<div>14</div> <div>Entree</div> <div>French Toast BeneFIT Bar</div> <div>Fruit</div> <div>Orange</div> <div>Orange Juice</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div>	<div>15</div> <div>Entree</div> <div>Cocoa Cherry Bar</div> <div>Fruit</div> <div>Fresh Apple</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div>
<div>18</div> <div>Entree</div> <div>Mini Waffles</div> <div>Fruit</div> <div>Apple Slices</div> <div>Apple Juice</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div> <div></div>	<div>19</div> <div>Entree</div> <div>Cinnamon Toast Crunch</div> <div>Fruit</div> <div>Fresh Apple</div> <div>Grains</div> <div>Honey Graham Crackers</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div> <div></div>	<div>20</div> <div>Entree</div> <div>Strawberry Cream Cheese</div> <div>Mini Bagels</div> <div>Fruit</div> <div>Fresh Apple</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div> <div></div>	<div>21</div> <div>Entree</div> <div>Apple Cinnamon Muffin</div> <div>Fruit</div> <div>Banana</div> <div>Orange Juice</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div> <div></div>	<div>22</div> <div>Entree</div> <div>Cinnamon Bun</div> <div>Crunchmania</div> <div>Fruit</div> <div>Fresh Apple</div> <div>Milk</div> <div>1% Milk</div> <div>Chocolate Milk</div> <div>Misc.</div>

				Strawberry Banana Yogurt
25	26	27	28	29
Entree	Entree	Entree	Entree	Entree
Froot Loops Bowl	Cocoa Cherry Bar	Turkey Sausage Biscuit	Apple Cinnamon Muffin	Banana Bread
Fruit	Fruit	Fruit	Fruit	Fruit
Fresh Apple	Banana Apple Juice	Fresh Apple	Orange Juice Apple Slices	Fresh Apple
Milk	Milk	Milk	Milk	Milk
1% Milk Chocolate Milk	Chocolate Milk 1% Milk	1% Milk Chocolate Milk	1% Milk Chocolate Milk	1% Milk Chocolate Milk
Misc.				
Strawberry Banana Yogurt				

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September
2023

2023-2024 FLA Base Lunch w/ Alternates K-8 Aug-
June

Monday	Tuesday	Wednesday	Thursday	Friday
				<div>1</div> <div>Entree</div> <div>Turkey Pepperoni Pizza Classic Grilled Cheese Sandwich (V) Chicken Caesar Salad</div> <div>Vegetables</div> <div>Steamed Broccoli</div> <div>Fruit</div> <div>Orange</div> <div>Milk</div> <div>Skim Milk Chocolate Milk 1% Milk</div>
<div>4</div> <div>Entree</div> <div>Chicken Nuggets Chicken Taco Salad Turkey Ham & Cheese Croissant</div> <div>Vegetables</div> <div>Fresh Baby Carrots</div> <div>Fruit</div> <div>Orange</div> <div>Grains</div> <div>Dinner Roll</div> <div>Milk</div> <div>Chocolate Milk 1% Milk Skim Milk</div> <div>Misc.</div> <div>BBQ Sauce Cup</div>	<div>5</div> <div>Entree</div> <div>Beef Soft Tacos Fruit & Cheese Tray Chicken Salad Sandwich</div> <div>Vegetables</div> <div>Black Bean and Corn Salsa</div> <div>Fruit</div> <div>Pineapple Tidbits</div> <div>Milk</div> <div>Chocolate Milk 1% Milk Skim Milk</div>	<div>6</div> <div>Entree</div> <div>Shredded BBQ Chicken Sandwich Chicken Taco Salad Turkey Ham & Cheese Croissant</div> <div>Vegetables</div> <div>Steamed Corn</div> <div>Fruit</div> <div>Sliced Peaches</div> <div>Milk</div> <div>Chocolate Milk 1% Milk Skim Milk</div>	<div>7</div> <div>Entree</div> <div>Zesty Orange Chicken Over Rice Chicken Salad Sandwich Fruit & Cheese Tray</div> <div>Vegetables</div> <div>Steamed Broccoli</div> <div>Fruit</div> <div>Mandarin Oranges</div> <div>Milk</div> <div>Chocolate Milk 1% Milk Skim Milk</div>	<div>8</div> <div>Entree</div> <div>Cheese Pizza Chicken Taco Salad Turkey Ham & Cheese Croissant</div> <div>Vegetables</div> <div>Seasoned Green Beans</div> <div>Fruit</div> <div>Applesauce Cup</div> <div>Milk</div> <div>Chocolate Milk 1% Milk Skim Milk</div>
<div>11</div> <div>Entree</div> <div>Crispy Chicken Sandwich Classic Grilled Cheese Sandwich (V) Chicken Caesar Salad Grilled Chik'N Sandwich (V)</div> <div>Vegetables</div>	<div>12</div> <div>Entree</div> <div>Chicken & Cheese Nachos Popcorn Chicken Salad Veggie Crumble & Cheese Nachos (V) Turkey & Cheese Sandwich</div>	<div>13</div> <div>Entree</div> <div>Popcorn Chicken & Waffles Chicken Caesar Salad Chik'N Nuggets & Waffles (V) Classic Grilled Cheese Sandwich (V)</div>	<div>14</div> <div>Entree</div> <div>BBQ Riblett Popcorn Chicken Salad Turkey & Cheese Sandwich Veggie Cheeseburger (V)</div> <div>Vegetables</div> <div>Seasoned Green Beans</div>	<div>15</div> <div>Entree</div> <div>Cheese Pizza Classic Grilled Cheese Sandwich (V) Chicken Caesar Salad Turkey & Cheese Sandwich</div> <div>Vegetables</div>

Crinkle Cut Fries

Fruit

Diced Pears

Milk

Skim Milk
Chocolate Milk
1% Milk

vegetables

Taco Spiced Black Beans

Fruit

Apple Slices

Milk

Skim Milk
Chocolate Milk
1% Milk

vegetables

Sweet Potato Fries

Fruit

Orange

Milk

Chocolate Milk
1% Milk
Skim Milk

Fruit

Fresh Apple

Grains

Hot Dog Bun

Milk

Chocolate Milk
1% Milk
Skim Milk

Garden Salad

Fresh Baby Carrots

Fruit

Orange

Milk

Chocolate Milk
1% Milk
Skim Milk

Misc.

Ranch Dressing PC

18

Entree

Beef Hot Dog
Turkey Ham & Cheese
Croissant
Chicken Taco Salad

Vegetables

BBQ Baked Beans

Fruit

Sliced Peaches

Milk

Skim Milk
Chocolate Milk
1% Milk

19

Entree

Crispy Ground Beef Tacos
Chicken Salad Sandwich
Fruit & Cheese Tray

Vegetables

Roasted Baby Carrots

Fruit

Fresh Apple

Milk

Skim Milk
Chocolate Milk
1% Milk

20

Entree

Golden Crispy Chicken
Tenders
Turkey Ham & Cheese
Croissant
Chicken Taco Salad

Vegetables

Crinkle Cut Fries

Fruit

Diced Pears

Milk

Skim Milk
1% Milk
Chocolate Milk

Misc.

BBQ Sauce Cup

21

Entree

Meatball Parmesan
Sandwich
Fruit & Cheese Tray
Chicken Salad Sandwich

Vegetables

Seasoned Green Beans

Fruit

Orange

Milk

Skim Milk
Chocolate Milk
1% Milk

22

Entree

Pizza Crunchers (V)
Turkey Ham & Cheese
Croissant
Chicken Taco Salad

Vegetables

Garden Salad

Fruit

Apple Slices

Grains

Dinner Roll

Milk

Skim Milk
1% Milk
Chocolate Milk

25

Entree

Cheeseburger
Classic Grilled Cheese
Sandwich (V)
Chicken Caesar Salad

Vegetables

Seasoned Green Beans

Fruit

Orange

Milk

Skim Milk
Chocolate Milk
1% Milk

26

Entree

Chicken Fajita Bowl
Popcorn Chicken Salad
Turkey & Cheese
Sandwich

Vegetables

Taco Spiced Black Beans

Fruit

Fresh Apple

Grains

Cilantro Lime Rice

Milk

Skim Milk
Chocolate Milk
1% Milk

27

Entree

French Toast Sticks w/
Turkey Sausage Patties
Classic Grilled Cheese
Sandwich (V)
Chicken Caesar Salad

Vegetables

Sweet Potato Fries

Fruit

Baked Apples

Milk

Skim Milk
1% Milk
Chocolate Milk

28

Entree

Southern Popcorn
Chicken Bowl with Cheese
Popcorn Chicken Salad
Turkey & Cheese
Sandwich

Vegetables

Steamed Corn

Fruit

Applesauce Cup

Milk

Skim Milk
1% Milk
Chocolate Milk

29

Entree

Turkey Pepperoni Pizza
Classic Grilled Cheese
Sandwich (V)
Chicken Caesar Salad

Vegetables

Steamed Broccoli

Fruit

Orange

Milk

Skim Milk
Chocolate Milk
1% Milk

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September
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2023-2024 FLA Base Lunch w/ Alternates 9-12 Aug-May

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				<div>1</div> <div>Entree</div> <div>Turkey Pepperoni Pizza Classic Grilled Cheese Sandwich (V) Chicken Caesar Salad</div> <div>Vegetables</div> <div>Steamed Broccoli</div> <div>Fruit</div> <div>Orange Orange Juice</div> <div>Milk</div> <div>Skim Milk Strawberry Skim Milk Chocolate Milk 1% Milk</div>
<div>4</div> <div>Entree</div> <div>Chicken Nuggets Chicken Taco Salad Turkey Ham & Cheese Croissant</div> <div>Vegetables</div> <div>Fresh Baby Carrots</div> <div>Fruit</div> <div>Orange Apple Juice</div> <div>Grains</div> <div>Dinner Roll</div> <div>Milk</div> <div>Chocolate Milk 1% Milk</div> <div>Misc.</div> <div>BBQ Sauce Cup</div>	<div>5</div> <div>Entree</div> <div>Beef Soft Tacos Fruit & Cheese Tray Chicken Salad Sandwich</div> <div>Vegetables</div> <div>Black Bean and Corn Salsa</div> <div>Fruit</div> <div>Pineapple Tidbits</div> <div>Milk</div> <div>Chocolate Milk 1% Milk</div>	<div>6</div> <div>Entree</div> <div>Shredded BBQ Chicken Sandwich Chicken Taco Salad Turkey Ham & Cheese Croissant</div> <div>Vegetables</div> <div>Steamed Corn</div> <div>Fruit</div> <div>Sliced Peaches Orange Juice</div> <div>Grains</div> <div>Dinner Roll</div> <div>Milk</div> <div>Chocolate Milk 1% Milk</div>	<div>7</div> <div>Entree</div> <div>Zesty Orange Chicken Over Rice Fruit & Cheese Tray Chicken Salad Sandwich</div> <div>Vegetables</div> <div>Steamed Broccoli</div> <div>Fruit</div> <div>Mandarin Oranges Apple Juice</div> <div>Milk</div> <div>Chocolate Milk 1% Milk</div>	<div>8</div> <div>Entree</div> <div>Cheese Pizza Chicken Taco Salad Turkey Ham & Cheese Croissant</div> <div>Vegetables</div> <div>Seasoned Green Beans</div> <div>Fruit</div> <div>Applesauce Cup Orange Juice</div> <div>Grains</div> <div>Dinner Roll</div> <div>Milk</div> <div>Chocolate Milk 1% Milk</div>
<div>11</div> <div>Entree</div> <div>Crispy Chicken Sandwich Classic Grilled Cheese Sandwich (V) Chicken Caesar Salad</div> <div>Vegetables</div>	<div>12</div> <div>Entree</div> <div>Chicken & Cheese Nachos Popcorn Chicken Salad Turkey & Cheese Sandwich</div>	<div>13</div> <div>Entree</div> <div>Popcorn Chicken & Waffles Classic Grilled Cheese Sandwich (V) Chicken Caesar Salad</div>	<div>14</div> <div>Entree</div> <div>BBQ Riblett Popcorn Chicken Salad Turkey & Cheese Sandwich</div> <div>Vegetables</div>	<div>15</div> <div>Entree</div> <div>Cheese Pizza Classic Grilled Cheese Sandwich (V) Chicken Caesar Salad</div> <div>Vegetables</div>

Crinkle Cut Fries

Fruit

Diced Pears

Milk

Strawberry Skim Milk
Chocolate Milk
1% Milk

vegetables

Latin Styled Red Beans

Fruit

Apple Slices
Orange Juice

Grains

Dinner Roll

Milk

Strawberry Skim Milk
Chocolate Milk
1% Milk

Misc.

Sour Cream

vegetables

Sweet Potato Fries

Fruit

Orange
Apple Juice

Milk

Strawberry Skim Milk
Chocolate Milk
1% Milk

Seasoned Green Beans

Fruit

Fresh Apple

Grains

Hot Dog Bun

Milk

Strawberry Skim Milk
Chocolate Milk
1% Milk

Garden Salad

Fruit

Orange
Apple Juice

Milk

Strawberry Skim Milk
Chocolate Milk
1% Milk

Misc.

Ranch Dressing PC

18

Entree

Beef Hot Dog
Turkey Ham & Cheese
Croissant
Chicken Taco Salad

Vegetables

BBQ Baked Beans

Fruit

Sliced Peaches
Apple Juice

Grains

Dinner Roll

Milk

Strawberry Skim Milk
Chocolate Milk
1% Milk

19

Entree

Crispy Ground Beef Tacos
Chicken Salad Sandwich
Fruit & Cheese Tray

Vegetables

Roasted Baby Carrots

Fruit

Fresh Apple
Orange Juice

Grains

Crispy Round Tortilla
Chips

Milk

Strawberry Skim Milk
Chocolate Milk
1% Milk

Misc.

Sour Cream

20

Entree

Golden Crispy Chicken
Tenders
Turkey Ham & Cheese
Croissant
Chicken Taco Salad

Vegetables

Crinkle Cut Fries

Fruit

Diced Pears
Orange Juice

Grains

Dinner Roll

Milk

Strawberry Skim Milk
1% Milk
Chocolate Milk

Misc.

BBQ Sauce Cup

21

Entree

Meatball Parmesan
Sandwich
Fruit & Cheese Tray
Chicken Salad Sandwich

Vegetables

Seasoned Green Beans

Fruit

Orange
Apple Juice

Milk

Strawberry Skim Milk
Chocolate Milk
1% Milk

22

Entree

Pizza Crunchers (V)
Turkey Ham & Cheese
Croissant
Chicken Taco Salad

Vegetables

Garden Salad

Fruit

Apple Slices
Orange Juice

Grains

Dinner Roll

Milk

Strawberry Skim Milk
1% Milk
Chocolate Milk

Misc.

Ranch Dressing PC

25

Entree

Cheeseburger
Classic Grilled Cheese
Sandwich (V)
Chicken Caesar Salad

Vegetables

Seasoned Green Beans

Fruit

Orange
Apple Juice

Milk

Strawberry Skim Milk
Chocolate Milk
1% Milk

26

Entree

Chicken Fajita Bowl
Popcorn Chicken Salad
Turkey & Cheese
Sandwich

Vegetables

Taco Spiced Black Beans

Fruit

Fresh Apple

Grains

Cilantro Lime Rice
Crispy Round Tortilla
Chips

Milk

27

Entree

French Toast Sticks w/
Turkey Sausage Patties
Classic Grilled Cheese
Sandwich (V)
Chicken Caesar Salad

Vegetables

Sweet Potato Fries

Fruit

Baked Apples
Orange Juice

Milk

Skim Milk
Strawberry Skim Milk

28

Entree

Southern Popcorn
Chicken Bowl with Cheese
Popcorn Chicken Salad
Turkey & Cheese
Sandwich

Vegetables

Steamed Corn

Fruit

Applesauce Cup
Apple Juice

Grains

Dinner Roll

Milk

29

Entree

Turkey Pepperoni Pizza
Classic Grilled Cheese
Sandwich (V)
Chicken Caesar Salad

Vegetables

Steamed Broccoli

Fruit

Orange
Orange Juice

Milk

Skim Milk
Strawberry Skim Milk
Chocolate Milk

Strawberry Skim Milk
Chocolate Milk
1% Milk

Chocolate Milk
1% Milk

Strawberry Skim Milk
1% Milk
Chocolate Milk

1% Milk

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