



**NO COST
Universal Free**

OCTOBER YMCA SNACK MENU 2020

USDA extends free meals to all 18 & under!

However to avoid a lapse in benefits after Jan 1, 2021, apply online today!

Apply online for Free & Reduced Price Meals at SchoolLunchApp.com



The Child Nutrition Services Dept. can be reached at: (408) 223-4500 Mon-Fri 7:30am -4:00pm

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: Sep 28	Alpha Bits Cereal & Milk	Goldfish & String Cheese	UBR Bar, Craisins, & Juice	Muffin & Milk	Jungle Crackers, Peach Cup & Juice
Week of: Oct 5	Yogurt & Rockin' Ola	Strawberry Crisp Bar & Milk	Cheese Its, Seasonal Fruit & Juice	Chocolate Soybutter Dip & Crackers	Twin Bars & Milk
Week of: Oct 12	Cocoa Puffs & Milk	Sport Bites, Apricot Cup & Juice	Muffin & Milk	Pretzel Goldfish & String Cheese	Vanilla Wafers & Whole Apple
Week of: Oct 19	Banana Chocolate Chunk Bar & Milk	Cheese Its, Seasonal Fruit & Juice	Yogurt & Rockin'Ola	Smores Bar & String Cheese	Chocolate Soybutter Dip & Crackers
Week of: Oct 26	Corn Flakes & Milk	Goldfish & String Cheese	Honey Bun & Milk	Strawberry Crisp Bar, Craisins & Apple Slices	Jungle Crackers, Peach Cup & Juice

Menu subject to change without notice

Rethink Your Drink

Offer water, 100% juice, or fat-free milk when kids are thirsty

What Makes a Complete Snack?



USDA requires that a student receive a minimum of 2 different components: **Fruit, Vegetable, Protein, Grain, Milk**



Fruit or 100% Fruit Juice (3/4 c)

Vegetable (3/4 c)

Whole Grain Snack (1 serving)

Meat/ Meat Alternate (1 serving)

1% White Milk (1 8 oz serving)

Did you know? We serve whole grain, low fat and reduced sodium items whenever possible!

Your safety is our priority!

Please help us continue our efforts to ensure safety for all. Face masks and social distancing are required at all times.

This institution is an equal opportunity provider and employer..

For CalFresh information, call 1-877-847-3663. Visit www.CaChampionsForChange.net for healthy tips.