



Sample Michigan Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham and Cheese Whole Wheat Crackers Grape Juice	2 Whole Wheat Bagel with Peanut Butter Lowfat Milk*	3 Lowfat Yogurt Graham Crackers Orange Juice	4 Fresh Vegetables with Ranch Dip Cheese Stick Apple Juice	5 Fresh Fruit Cup Corn Muffin Lowfat Milk*
8 Pretzel Rods Grape Juice	9 Cheese Slices Wheat Crackers Apple Juice	10 Pineapple Chunks Banana Nut Muffin Lowfat Milk*	11 Cheese Stick Animal Crackers Grape Juice	12 Banana Lowfat Milk*

*Skim milk and 1% chocolate milk offered.

This menu meets the afterschool snack requirements for ages 6-18.

Please email comments and/or suggestions to MDE-Schoolnutrition@michigan.gov.

Snack Facts:

Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially disabling diseases.

Most snacks served to children should be fruits and vegetables.

Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains.

Dairy foods are a great source of calcium, which can help to build strong bones. Make sure they are low in fat.

Children who drink sweetened drinks consume more calories and are more likely to be overweight.

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

DAILY FOOD PRODUCTION RECORD											STUDENTS		
DATE: Wednesday, Week 1											ADULTS		
SPONSOR/BUILDING/SCHOOL NAME: Michigan Menu											EMPLOYEES		
											TOTAL		
Offer vs. Serve Implemented? <input type="checkbox"/> YES <input type="checkbox"/> NO													
(A) MENU		(B) RECIPE # OR CODE	(C) PORTION SIZE	(D) # PORTIONS PLANNED	(E) LBS, CANS, OR CASES USED	(F) COOKING TIME/TEMP	(G) CORRECTIVE ACTION CODE	(H) SERVING TIME/ TEMP	(G) CORREC- TIVE ACTION CODE	(I) # OF PORTIONS PREPARED	(J) # OF PORTIONS SERVED	(K) LEFTOVER & CODE (F- Freezer C-Cooler W Waste)	
Meat/Meat Alternate													
<input type="checkbox"/> Breakfast	<input type="checkbox"/> Dinner		1/2 C										
<input type="checkbox"/> Lunch	<input checked="" type="checkbox"/> Snack												
Vegetables/Fruits													
		USDA	1/2 C										
Grains/Breads													
			4 squares										
Milk (8oz)													
Condiments/Other Foods													

DAILY FOOD PRODUCTION RECORD											STUDENTS		
DATE: Tuesday, Week 2											ADULTS		
SPONSOR/BUILDING/SCHOOL NAME: Michigan Menu											EMPLOYEES		
											TOTAL		
Offer vs. Serve Implemented? <input type="checkbox"/> YES <input type="checkbox"/> NO													
(A) MENU		(B) RECIPE # OR CODE	(C) PORTION SIZE	(D) # PORTIONS PLANNED	(E) LBS, CANS, OR CASES USED	(F) COOKING TIME/TEMP	(G) CORRECTIVE ACTION CODE	(H) SERVING TIME/ TEMP	(G) CORREC- TIVE ACTION CODE	(I) # OF PORTIONS PREPARED	(J) # OF PORTIONS SERVED	(K) LEFTOVER & CODE (F- Freezer C-Cooler W Waste)	
Meat/Meat Alternate													
American Cheese, Slices		USDA	1 oz/2 sl										
Vegetables/Fruits													
Apple Juice			1/2 C										
Grains/Breads													
Whole Wheat Crackers (0.7oz)			8 ea										
Milk (8oz)													
Condiments/Other Foods													

