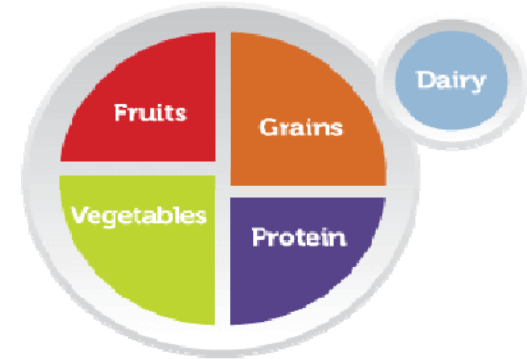
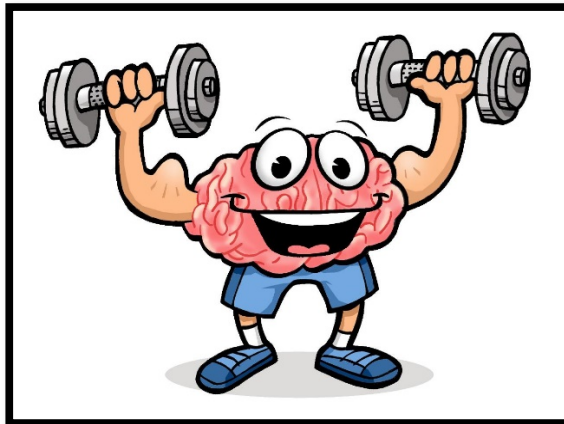


Power up with After School Food

Monday	Tuesday	Wednesday	Thursday	Friday
Benefit Bar 4 oz. Yogurt String Cheese Veggies Fruit or Juice Choice of Milk	Protein Packed Muncher Egg, Cheese and Peanut butter Veggies & Fruit Gram Crackers Choice of Milk	Pizza Wrap Muncher Doritos RF Veggies Fruit Choice of Milk	Classic Appetizer Muncher Ham & Cheese Crackers Pretzels Veggies & Fruit	Bagel Muncher Cream Cheese 4 oz. Yogurt String Cheese Veggies & Fruit Choice of Milk

Berlin Middle School 6-8 Power up Meal follows the USDA Lunch meal pattern.
 This Menu is a 2 Week Rotating Menu



Benefit Bar 4 oz. Yogurt String Cheese Fresh Veggies Fruit or Juice Choice of Milk	Uncrustable Lunch Box String Cheese Pretzels Veggies Fruit or Juice	Parfait Yogurt with Fruit Granola Veggies & Crackers 100% Fruit Juice Choice of Milk	Protein Muncher Egg, Cheese Cubes Peanut Butter Gram Crackers Veggies & Fruit Choice of Milk	Pizza Muncher Flat Bread Pizza Sauce Mozzarella Cheese Pepperoni Slices Veggies & Fruit
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