

Berlin Middle School

Pick 2 for a Healthier You!

After School Snack Menu

***Select two of the five components for a reimbursable snack. Only one of the components may be a beverage.

Monday	Tuesday	Wednesday	Thursday	Friday
Pick 2 Items for a Healthier You!	Pick 2 Items for a Healthier You!	Pick 2 Items for a Healthier You!	Pick 2 Items for a Healthier You!	Pick 2 Items for a Healthier You!
Cereal	Cereal	Cereal	Cereal	Cereal
Ceareal Bars	Ceareal Bars	Ceareal Bars	Ceareal Bars	Ceareal Bars
Crackers	Crackers	Crackers	Crackers	Crackers
Muffins	Muffins	Muffins	Muffins	Muffins
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
String Cheese	String Cheese	String Cheese	String Cheese	String Cheese
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cupped Fruit	Cupped Fruit	Cupped Fruit	Cupped Fruit	Cupped Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Low Fat	Low Fat	Low Fat	Low Fat	Low Fat
or	or	or	or	or
Fat Free	Fat Free	Fat Free	Fat Free	Fat Free
Flavored Milk	Flavored Milk	Flavored Milk	Flavored Milk	Flavored Milk

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