

From: Jen Buchanan
 To: "Avni Choksi"
 Date: Tuesday, March 24, 2015 3:26:51 PM

 Arbor Management, Inc. 2015 YMCA Snack Menu 		Monday	Tuesday	Wednesday	Thursday	Friday	Water will be served daily with snack EAT A VARIETY OF FOODS. EAT MORE FRUITS, VEGETABLES & GRAINS. EAT LOWER FAT FOODS MORE OFTEN. GET YOUR CALCIUM RICH FOODS. BE MORE PHYSICALLY ACTIVE.		
		Y's Kids Daily Snack Menu							
2	Tortilla Chips Salsa	3	String Cheese Raisins	4	Orange Halves Wheat Crackers	5	Cheerios Banana	6	Fruit or vegetable
9	Hummus Baby Carrots	10	Popcorn Red Apple	11	Chocolate Bears Peaches	12	Cheddar Goldfish Crackers	13	Fruit or vegetable
16	Cauliflower w/Italian Dip Vanilla Bears	17	Yogurt Cup Mixed Fruit	18	Celery Sticks Fat Free Cream Cheese Applesauce	19	Cheddar Cheese Stick Pears	20	Fruit or vegetable
23	Strawberry Oat Bar Banana	24	Cous Cous Cherry Tomatoes	25	Baby Carrots w/Fat Free Ranch Dip Wheat Crackers	26	Hard Cooked Egg Petite Banana	27	Fruit or vegetable

Arbor A+ Nutrition Standards:

- ✓ Cage-Free, Steroid-Free, Grain-Fed Chicken with no added hormones
- ✓ Encourage nutritious & delicious Fruits & Vegetables
- ✓ Only Hormone-Free Milk: Fat Free or 1%
- ✓ Whole Grain Rich products everyday
- ✓ Baked instead of Deep Filled
- ✓ Minimal Saturated Fat, Added Sugars, Artificial Ingredients, and Sodium whenever possible!

Arbor Management

Make Choices for a Healthy Lifestyle!

Questions about the menu?
 Call Jennifer Caputo-Casey
 Food Service Director
 630.827.4594

**Menu changes may be necessary.
 Notice will be given when possible.**

This institution is an equal opportunity provider and employer.

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

*Contains Pork




