

Lubber Run Kids in Action snack menu



September 14th - 18th

WEEKDAY	SNACK	CARBS (g)
Monday	<ul style="list-style-type: none"> Baby carrots (3 oz) Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> Baby carrots – 8g Teddy Grahams – 21g Total – 29g
Tuesday	<ul style="list-style-type: none"> Small apple Whole Grain Goldfish Crackers (0.75 oz) 	<ul style="list-style-type: none"> Apple – 21g Goldfish – 14g Total – 35g
Wednesday	<ul style="list-style-type: none"> Baby carrots (3 oz) Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> Baby carrots – 8g Teddy Grahams – 21g Total – 29g
Thursday	<ul style="list-style-type: none"> Small apple Whole Grain Goldfish Crackers (0.75 oz) 	<ul style="list-style-type: none"> Apple – 21g Goldfish – 14g Total – 35g
Friday	<ul style="list-style-type: none"> Baby carrots (3 oz) Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> Baby carrots – 8g Teddy Grahams – 21g Total – 29g

Turn page over for more helpful nutrition information and recommendations

**All snacks are nut allergen free and trans fat free*



NUTRITION FACTS	WG Teddy Grahams Chocolate	WG Teddy Grahams Honey	WG Teddy Grahams Cinnamon	WG Goldfish Crackers
Serving	28g	28g	28g	21g
Calories	120	120	120	100
Total Fat	4g	4g	4g	3.5g
Sat. Fat	0.5g	0.5g	0.5g	1g
Sodium	105mg	90mg	90mg	170mg
Fiber	2g	1g	1g	1g
Sugar	7g	7g	7g	0g
Protein	2g	2g	2g	3g

HEALTHY SNACKING TIPS



Fruits Are Quick and Easy

Fresh, frozen, dried, or canned fruits can be easy “grab-and-go” options that need little preparation.

Offer whole fruit and limit the amount of 100% fruit juice.

Go For Great Whole Grains

Offer whole-wheat bread, plain popcorn, brown rice, and whole-oat cereals that are high in fiber and low in sugar, saturated fat, and sodium/salt.

Limit refined-grain foods such as cookies, cakes, and sugary cereals.



Lubber Run Kids in Action snack menu



September 21st – 25th

WEEKDAY	SNACK	CARBS (g)
Monday	<ul style="list-style-type: none"> • Half banana • Nature Valley Crisps (1.2 oz) 	<ul style="list-style-type: none"> • Banana – 14g • Crisps – 25g <p>Total – 39g</p>
Tuesday	<ul style="list-style-type: none"> • Small apple • Yoplait GoGurt Strawberry Banana Blast (2.25 oz) 	<ul style="list-style-type: none"> • Apple – 21g • Yogurt – 12g <p>Total – 33g</p>
Wednesday	<ul style="list-style-type: none"> • Half banana • Nature Valley Crisps (1.2 oz) 	<ul style="list-style-type: none"> • Banana – 14g • Crisps – 25g <p>Total – 39g</p>
Thursday	<ul style="list-style-type: none"> • Small apple • Yoplait GoGurt Strawberry Banana Blast (2.25 oz) 	<ul style="list-style-type: none"> • Apple – 21g • Yogurt – 12g <p>Total – 33g</p>
Friday	<ul style="list-style-type: none"> • Half banana • Nature Valley Crisps (1.2 oz) 	<ul style="list-style-type: none"> • Banana – 14g • Crisps – 25g <p>Total – 39g</p>

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NUTRITION FACTS	Nature Valley Crisps Cinnamon	Nature Valley Crisps Chocolate Chips	Yoplait GoGurt Strawberry Banana Blast
Serving	34g	34g	64g
Calories	150	150	60
Total Fat	5g	5g	0.5g
Sat. Fat	0.5g	1g	0g
Sodium	140mg	135mg	30g
Fiber	2g	2g	0g
Sugar	9g	9g	9g
Protein	3g	3g	2g

HEALTHY SNACKING TIPS



Mix It Up

Mix dried fruit, pretzels, seeds, and popcorn in a snack-size bag for a quick trail mix. Blend plain, fat-free yogurt with 100% fruit juice and frozen fruit for a easy, tasty smoothie!

Quick, Easy Snacks

Store sliced veggies in the fridge and serve with dips like hummus or low-fat dressing. Top half a whole grain English muffin with low-fat cheese, chopped veggies, and lean meat then melt in the microwave for an easy mini pizza!



Lubber Run Kids in Action snack menu



Sept 28th – Oct 2nd

WEEKDAY	SNACK	CARBS (g)
Monday	<ul style="list-style-type: none"> • Medium orange • Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> • Orange – 18g • Teddy Grahams – 21g <p>Total – 39g</p>
Tuesday	<ul style="list-style-type: none"> • Baby carrots (3 oz) • Nutri-Grain Bar (1.3 oz) 	<ul style="list-style-type: none"> • Carrots – 8g • Nutri-Grain – 24g <p>Total – 32g</p>
Wednesday	<ul style="list-style-type: none"> • Medium orange • Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> • Orange – 18g • Teddy Grahams – 21g <p>Total – 39g</p>
Thursday	<ul style="list-style-type: none"> • Baby carrots (3 oz) • Nutri-Grain Bar (1.3 oz) 	<ul style="list-style-type: none"> • Carrots – 8g • Nutri-Grain – 24g <p>Total – 32g</p>
Friday	<ul style="list-style-type: none"> • Medium orange • Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> • Orange – 18g • Teddy Grahams – 21g <p>Total – 39g</p>

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NUTRITION FACTS	Nutri-Grain Blueberry	Nutri-Grain Raspberry	Nutri-Grain Strawberry
Serving	37g	37g	37g
Calories	120	120	120
Total Fat	3g	3g	3g
Sat. Fat	0.5g	0.5g	0.5g
Sodium	110mg	110mg	125mg
Fiber	3g	3g	3g
Sugar	12g	12g	11g
Protein	2g	2g	2g

NUTRITION FACTS	Teddy Grahams Chocolate	Teddy Grahams Honey	Teddy Grahams Cinnamon
Serving	28g	28g	28g
Calories	120	120	120
Total Fat	4g	4g	4g
Sat. Fat	0.5g	0.5g	0.5g
Sodium	105mg	90mg	90mg
Fiber	2g	1g	1g
Sugar	7g	7g	7g
Protein	2g	2g	2g

HEALTHY NUTRITION TIP

Fruit and Veggie Infused Waters

Make your own healthy low-sugar, low-calorie drinks by adding sliced fruits, veggies, and herbs to ice water. Try cucumber slices with mint leaves for a refreshing drink or lemon and lime wedges for a zesty splash!



Lubber Run Kids in Action snack menu



October 5th – 9th

WEEKDAY	SNACK	CARBS (g)
Monday	<ul style="list-style-type: none"> • Small apple • Whole Grain Goldfish Crackers (0.75 oz) 	<ul style="list-style-type: none"> • Apple – 21g • Goldfish – 14g <p>Total – 35g</p>
Tuesday	<ul style="list-style-type: none"> • Half Banana • Nature Valley Crisps (1.2 oz) 	<ul style="list-style-type: none"> • Banana – 14g • Crisps – 25g <p>Total – 39g</p>
Wednesday	<ul style="list-style-type: none"> • Small apple • Whole Grain Goldfish Crackers (0.75 oz) 	<ul style="list-style-type: none"> • Apple – 21g • Goldfish – 14g <p>Total – 35g</p>
Thursday	<ul style="list-style-type: none"> • Half Banana • Nature Valley Crisps (1.2 oz) 	<ul style="list-style-type: none"> • Banana – 14g • Crisps – 25g <p>Total – 39g</p>
Friday	<ul style="list-style-type: none"> • Small apple • Whole Grain Goldfish Crackers (0.75 oz) 	<ul style="list-style-type: none"> • Apple – 21g • Goldfish – 14g <p>Total – 35g</p>

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NUTRITION FACTS	Nature Valley Crisps Cinnamon	Nature Valley Crisps Chocolate Chips	WG Goldfish Crackers
Serving	34g	34g	21g
Calories	150	150	100
Total Fat	5g	5g	3.5g
Sat. Fat	0.5g	1g	1g
Sodium	140mg	135mg	170mg
Fiber	2g	2g	1g
Sugar	9g	9g	0g
Protein	3g	3g	3g

HEALTHY NUTRITION TIP

Make Food Fun

Sugary, unhealthy foods marketed at children are advertised as “fun foods”. Make healthier foods fun by preparing them with your child’s help in creative ways.

Create a smiley face with sliced bananas and raisins. Use cookie cutters to cut fruit and veggies into fun and easy shapes.



Lubber Run Kids in Action snack menu



October 12th – 16th

WEEKDAY	SNACK	CARBS (g)
Monday	<ul style="list-style-type: none"> • Half banana • Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> • Banana – 14g • Teddy Grahams – 21g <p>Total – 35g</p>
Tuesday	<ul style="list-style-type: none"> • GoGo Squeez Applesauce (3.2 oz) • Whole Grain Goldfish Crackers (0.75 oz) 	<ul style="list-style-type: none"> • Applesauce – 16g • Goldfish – 14g <p>Total – 30g</p>
Wednesday	<ul style="list-style-type: none"> • Half banana • Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> • Banana – 14g • Teddy Grahams – 21g <p>Total – 35g</p>
Thursday	<ul style="list-style-type: none"> • GoGo Squeez Applesauce (3.2 oz) • Whole Grain Goldfish Crackers (0.75 oz) 	<ul style="list-style-type: none"> • Applesauce – 16g • Goldfish – 14g <p>Total – 30g</p>
Friday	<ul style="list-style-type: none"> • Half banana • Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> • Banana – 14g • Teddy Grahams – 21g <p>Total – 35g</p>

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NUTRITION FACTS	GoGo Squeez Applesauce (various flavors)	WG Goldfish Crackers
Serving	90g	21g
Calories	50-60	100
Total Fat	0g	3.5g
Sat. Fat	0g	1g
Sodium	0mg	170mg
Fiber	1-2g	1g
Sugar	11-13g	0g
Protein	0g	3g

NUTRITION FACTS	WG Teddy Grahams Chocolate	WG Teddy Grahams Honey	WG Teddy Grahams Cinnamon
Serving	28g	28g	28g
Calories	120	120	120
Total Fat	4g	4g	4g
Sat. Fat	0.5g	0.5g	0.5g
Sodium	105mg	90mg	90mg
Fiber	2g	1g	1g
Sugar	7g	7g	7g
Protein	2g	2g	2g

HEALTHY NUTRITION TIP

Keep an Eye on the Size

Snacks shouldn't replace a meal, so look for ways to help your kids learn about how much food is enough. Store snack-size bags in the cupboard or kitchen drawers and use them to control snack serving sizes.



Lubber Run Kids in Action snack menu



October 19th – 23rd

WEEKDAY	SNACK	CARBS (g)
Monday	<ul style="list-style-type: none"> Baby carrots (3 oz) Nutri-Grain Bar (1.3 oz) 	<ul style="list-style-type: none"> Carrots – 8g Nutri-Grain – 24g <p>Total – 32g</p>
Tuesday	<ul style="list-style-type: none"> Medium orange Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> Orange – 18g Teddy Grahams – 21g <p>Total – 39g</p>
Wednesday	<ul style="list-style-type: none"> Baby carrots (3 oz) Nutri-Grain Bar (1.3 oz) 	<ul style="list-style-type: none"> Carrots – 8g Nutri-Grain – 24g <p>Total – 32g</p>
Thursday	<ul style="list-style-type: none"> Medium orange Whole Grain Teddy Grahams (1 oz) 	<ul style="list-style-type: none"> Orange – 18g Teddy Grahams – 21g <p>Total – 39g</p>
Friday	<ul style="list-style-type: none"> Baby carrots (3 oz) Nutri-Grain Bar (1.3 oz) 	<ul style="list-style-type: none"> Carrots – 8g Nutri-Grain – 24g <p>Total – 32g</p>

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NUTRITION FACTS	Nutri-Grain Blueberry	Nutri-Grain Raspberry	Nutri-Grain Strawberry
Serving	37g	37g	37g
Calories	120	120	120
Total Fat	3g	3g	3g
Sat. Fat	0.5g	0.5g	0.5g
Sodium	110mg	110mg	125mg
Fiber	3g	3g	3g
Sugar	12g	12g	11g
Protein	2g	2g	2g

NUTRITION FACTS	Teddy Grahams Chocolate	Teddy Grahams Honey	Teddy Grahams Cinnamon
Serving	28g	28g	28g
Calories	120	120	120
Total Fat	4g	4g	4g
Sat. Fat	0.5g	0.5g	0.5g
Sodium	105mg	90mg	90mg
Fiber	2g	1g	1g
Sugar	7g	7g	7g
Protein	2g	2g	2g

HEALTHY NUTRITION TIP

Encourage Snack Creation

Make your own snack mixes from dry whole grain cereal, dried fruit, popcorn, and unsalted nuts and seeds. Give your child a small resealable plastic bag and allow them to choose what they want to put in their “new” snack.



Lubber Run Kids in Action snack menu



October 26th – 30th

WEEKDAY	SNACK	CARBS (g)
Monday	<ul style="list-style-type: none"> • Small apple • Yoplait GoGurt Strawberry Banana Blast (2.25oz) 	<ul style="list-style-type: none"> • Apple – 21g • Yogurt – 12g <p>Total – 33g</p>
Tuesday	<ul style="list-style-type: none"> • Baby carrots (3 oz) • Nature Valley Crisps (1.2 oz) 	<ul style="list-style-type: none"> • Carrots – 8g • Crisps – 25g <p>Total – 33g</p>
Wednesday	<ul style="list-style-type: none"> • Small apple • Yoplait GoGurt Strawberry Banana Blast (2.25oz) 	<ul style="list-style-type: none"> • Apple – 21g • Yogurt – 12g <p>Total – 33g</p>
Thursday	<ul style="list-style-type: none"> • Baby carrots (3 oz) • Nature Valley Crisps (1.2 oz) 	<ul style="list-style-type: none"> • Carrots – 8g • Crisps – 25g <p>Total – 33g</p>
Friday	<ul style="list-style-type: none"> • Small apple • Yoplait GoGurt Strawberry Banana Blast (2.25oz) 	<ul style="list-style-type: none"> • Apple – 21g • Yogurt – 12g <p>Total – 33g</p>

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NUTRITION FACTS	Nature Valley Crisps Cinnamon	Nature Valley Crisps Chocolate Chips	Yoplait GoGurt Strawberry Banana Blast
Serving	34g	34g	64g
Calories	150	150	60
Total Fat	5g	5g	0.5g
Sat. Fat	0.5g	1g	0g
Sodium	140mg	135mg	30g
Fiber	2g	2g	0g
Sugar	9g	9g	9g
Protein	3g	3g	2g

HEALTHY NUTRITION TIP

Consider Convenience

Make snack time easier by packing single serving size snack packs.

A small cup of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for a healthy, simple afterschool snack.



Discover Fast Ways to Cooks

Cook fresh, frozen, or canned vegetables with no added salt in the microwave for a quick-and-easy dish to add to any meal.

Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.