

Umatilla After School Program Menu  
 November 2018  
 Fruit and Vegetable Variety Bar Offered Daily  
 1% White or Non-Fat Chocolate Milk  
 All grains served are whole grain  
 Umatilla School District is an equal opportunity provider

Mon	Tue	Wed	Thu	Fri
			1 <i>Snack</i> <i>Juice ,apples and peanut butter</i> <i>Dinner</i> <i>Hot dogs</i>	2 <i>Snack</i> <i>Cereal bars and Milk</i> <i>Dinner</i> <i>Rib B Que</i>
5 <i>Snack</i> <i>Muffin &amp; Milk</i> <i>Dinner</i> <i>Chicken nuggets &amp; tots</i>	6 <i>Snack</i> <i>Goldfish &amp; Juice</i> <i>Dinner</i> <i>Pizza</i>	7 <i>Snack</i> <i>Mini pan-cakes/applesauce</i> <i>Dinner</i> <i>Chicken Burger w/ WG Cheetos</i>	8  <b>No Afterschool</b>	9 <i>No Afterschool Conferences!</i>
12  <i>No Afterschool Veterans Day</i>	13  <i>No Afterschool Professional Development</i>	14  <i>No Afterschool Professional Development</i>	15  <i>No Afterschool Professional Development</i>	16  <i>No Afterschool Professional Development</i>
19 <i>Snack</i> <i>Muffin &amp; Milk</i> <i>Dinner</i> <i>Chicken &amp; Cheese Quesadilla</i>	20 <i>Snack</i> <i>Pretzel &amp; Juice</i> <i>Dinner</i> <i>Pizza</i>	21  <i>No Afterschool Thanksgiving Break</i>	22  <i>No Afterschool Thanksgiving Break</i>	23  <i>No Afterschool Thanksgiving Break</i>
26 <i>Snack</i> <i>Muffin &amp; Milk</i> <i>Dinner</i> <i>Beef, Bean &amp; cheese Burrito</i>	27 <i>Snack</i> <i>Goldfish &amp; Juice</i> <i>Dinner</i> <i>Cheese Stick w Marinara</i>	28 <i>Snack</i> <i>Mini pan-cakes/applesauce</i> <i>Dinner</i> <i>Hamburger w WG chips</i>	29 <i>Snack</i> <i>Juice, apples &amp; peanut butter</i> <i>Dinner</i> <i>Cheese Stick /Marinara</i>	30 <i>Snack</i> <i>GM Cinn. toast crunch cereal</i> <i>Dinner</i> <i>Corn dog w WG chips</i>