



Asheville City Schools

Asheville Middle School



After School Snack · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

1

● **Whole Grain Cheez-It Crackers** 100 cal
● **Low Fat Mozzarella String Cheese** 80 cal

2

No menu published

5

No menu published

6

No menu published

7

No menu published

8

No menu published

9

No menu published

12

● **Doritos Nacho Cheese Tortilla Chips** 130 cal
● **Apple Juice** 80 cal
● **Fresh Granny Smith Apple** 70 cal

13

● **Whole Grain Blueberry Muffin** 190 cal
● **Low Fat Milk** 100 cal

14

● **Heartzels Pretzels** 80 cal
● **Low Fat Mozzarella String Cheese** 80 cal

15

● **Vanilla Yogurt** 70 cal
● **Bug Bites Graham Crackers** 120 cal

16

No menu published

19

● **Chocolate Chip Muffin** 200 cal
● **Low Fat Milk** 100 cal

20

● **Baked WG Cheetos** 110 cal
● **Assorted Fruit Juice** 60 cal
● **Fresh Whole Gala Apple** 70 cal

21

● **Strawberry Yogurt** 60 cal
● **Honey Graham Crackers** 90 cal

22

● **Whole Grain Cheez-It Crackers** 100 cal
● **Low Fat Mozzarella String Cheese** 80 cal

23

No menu published

26

No menu published

27

No menu published

28

No menu published

29

No menu published

30

No menu published

Menu data from Asheville City Schools, drawn by schoolmenuapp.com. Menu subject to change.
Calories are per serving, as Asheville City Schools publishes them.

nutrislice