



January Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Special Notes
Winter Break					*** Water is available to students at all times. *** Fresh fruits are seasonal and may change based on availability. *** Snack menu is subject to change based on availability.
7 Morning Cheerios Blueberries Afternoon Carrots Hummus	8 Morning Cereal Bar Afternoon Cheeze Its Dry Fruit	9 Morning Graham Crackers Craisins Afternoon Wheat Crackers Mozzarella	10 Morning Oatmeal Strawberries Afternoon Apples Sun Butter	11 Morning Multigrain Bread, Sun Butter & Strawberries Afternoon Carrots Hummus	Serving Sizes Cereal 1/3 c. Pretzels 3 lg/10 sm Multigrain Crackers 2 Townhouse/Ritz/Club 3 Multigrain Bread 1/2 Slice Yogurt 1/2 c. Apple Slices 3 Avocado 1/4 c.
14 NO SCHOOL in observance of MLK Jr. Day	15 Morning Sun Butter Multigrain Bread Afternoon Apples Mozzarella	16 Morning Oatmeal Strawberries Afternoon Graham Crackers Craisins	17 Morning Sun Butter Apples Afternoon Wheat Crackers Mozzarella	18 Morning Oatmeal Blueberries Afternoon Carrots Hummus	Graham Crackers 1 Wheat Thins 8 Cheez-Its 14 Goldfish 20 Veggie Chips 15 Baked Crackers 14 Baked Pita Chips 10 Oatmeal 1/2 c
21 Morning Multigrain Bread & Avocado Afternoon Cucumbers Crackers	22 Morning Yogurt & Granola Afternoon Wheat Crackers Avocado	23 Morning Oatmeal Bananas Afternoon Wheat Thins Hummus	24 Morning Sun Butter, Multigrain Bread and Bananas Afternoon Hummus Cucumbers	25 Morning Yogurt & Bananas Afternoon Whole Grain Tortilla Avocado	Dried Fruit 1/6 c. Frozen Berries 1/2 c. Cheese 1 Cereal Bars 1 Seaweed 3 Hummus 1/4 c. Bananas 1/2 c. Strawberries 1/2 c. Whole grain tortilla 1
28 Morning Sun Butter & Multigrain Bread Afternoon Wheat Crackers Mozzarella	29 Morning Yogurt & Granola Afternoon Whole Grain Tortilla Mozzarella	30 Morning Oatmeal Blueberries Afternoon Wheat Thins Hummus	31 Morning Yogurt & Granola Afternoon Whole Grain Tortilla Hummus		Applesauce 1/4 c. Apricots 5 Banana/Apple Chips 1/2 cup Mangos 1.5oz Veggie Straws 1oz Sun Butter 1 tbsp Granola 1/4 c Cucumber 1/2 c Carrot sticks 1 cup