

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.
6 **Morning** Cheerios Blueberries **Afternoon** Pita Hummus	7 **Morning** Applesauce & Crackers **Afternoon** Cheeze Its Dry Fruit	8 **Morning** Oatmeal Peaches **Afternoon** Wheat Crackers Mozzarella	9 **Morning** Yogurt Blueberries **Afternoon** Apples Sun Butter	10 **Morning** Bagel & Greek Yogurt Cream Cheese **Afternoon** Cheese Cubes Apples	**Serving Sizes** Cereal 1/3 c. Pretzels 3 lg/10 sm Multigrain Crackers 2 Townhouse/Ritz/Club 3 Multigrain Bread ½ Slice Yogurt ¼ c. Apple Slices 3 Avocado 1/4 c. Whole Wheat Bread 1 slice Cheddar Cheese Cubes 2
13 **Morning** Yogurt Blueberries **Afternoon** Mozzarella Wheat Tortilla	14 **Morning** Graham Crackers Sun Butter **Afternoon** Pretzels Raisins	15 **Morning** Mult Grain Bread Jelly **Afternoon** Cheese Cubes Apples	16 **Morning** Cheerios Craisins **Afternoon** Pita Tzatziki	17 **Morning** Bagel & Greek Yogurt Cream Cheese **Afternoon** Hummus Pita Chips	Graham Crackers 1 Wheat Thins 8 Cheez-Its 14 Goldfish 20 Veggie Chips 15 Baked Crackers 14 Baked Pita Chips 10 Oatmeal ½ c Milk 1 C Mandarins 1
20 **NO SCHOOL in observance of MLK Day**	21 **Morning** Whole Wheat Bread and Sun Butter **Afternoon** Pita Hummus	22 **Morning** Bagel & Greek Yogurt Cream Cheese **Afternoon** Ritz Craisins	23 **Morning** Sun Butter & Rice Cakes **Afternoon** Pita Chips Tzatziki	24 **Morning** Oatmeal Peaches **Afternoon** Wheat Thins Mozzarella	Dried Fruit 1/6 c. Frozen Berries ½ c. Mozzarella 1 Cereal Bars 1 Seaweed 3 Hummus ¼ c. Bananas ½ c. Strawberries ½ c. Whole grain tortilla 1 Bagel 1/2
27 **Morning** Graham Crackers Mandarins **Afternoon** Seaweed Raisins	28 **Morning** Mult. Grain Bread & Jelly **Afternoon** Wheat Crackers Mozzarella	29 **Morning** Cheerios Blueberries **Afternoon** Cheeze It's Craisins	30 **Morning** Oatmeal Blueberries **Afternoon** Goldfish Blueberries		Applesauce 1/4 c. Apricots 5 Banana/Apple Chips ½ cup Mangos 1.5oz Veggie Straws 1oz Sun Butter 1 tbsp Granola ¼ c Cucumber ½ c Carrot sticks 1 cup Pita Bread 0.5 oz