



JANUARY SNACK MENU 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	2. Whole Wheat Pancakes, fruit & Milk	3. Cheerios/ Chex, Fruit & Milk	4. Nutri grain bars, Apples & Milk	5. Graham Crackers, Pineapple & Milk	6. Greek Yogurt, Peaches & 100% Juice
Afternoon Snack	Veggie Sticks, Applesauce & Milk	Gold Fish, Cheese It's, Raisins & 100% Juice	Animal Crackers, Oranges & Milk	Quesadilla, Carrots w/ranch, & Milk	Chex mix, Vegetable & Milk
AM Snack	9. Whole Wheat Toast, Mandarin Oranges & Milk	10. Plain Corn Flakes, Banana & Milk	11. Whole Wheat Pancakes, fruit & Milk	12. Greek Yogurt, Mandarin Oranges & 100% Juice	13. Small Bagels, Peaches & Milk
Afternoon Snack	Ritz Crackers, Cheese & 100% Juice	Chex Mix, Applesauce & Milk	Nutri grain Bars, Vegetable and Milk	Veggie Straws, String Cheese & 100% Juice	Popcorn, String Cheese & 100% Juice
AM Snack	16. 2. Wafers & Wow butter, Oranges & Milk	17. Apple Cinnamon Rice Cakes, Fruit & Milk	18. Waffles, Apples & Milk	19. Graham Crackers, Pineapple & Milk	20. Greek Yogurt, Peaches & 100% Juice
Afternoon Snack	Teddy Grahams, Vanilla Pudding & Juice	Gold Fish, Cheese It's, Raisins & 100% Juice	Graham Crackers, Jelly & Cream Cheese & Milk	Quesadilla, Carrots w/ranch, & Milk	Chex mix, vegetable & Milk
AM Snack	23. Whole Wheat Toast, Mandarin Oranges & Milk	24. Plain Corn Flakes, Banana & Milk	25. Waffles, Apples & Milk	26. Greek Yogurt, Mandarin Oranges & 100% Juice	27. Small Bagels, Peaches & Milk
Afternoon Snack	Ritz Crackers, Cheese & 100% Juice	Jelly & Wow Butter Sandwiches & Milk	Gold Fish, Cheese It's, Raisins & 100% Juice	Wafers, Wow Butter & Milk	Veggie Straws, String Cheese & 100% Juice
AM Snack	30. Nutri grain bars, Apples & Milk	31. Greek Yogurt, Mandarin Oranges & 100% Juice			**Whole Milk is provided for children under 2
Afternoon Snack	Bananas, Vanilla pudding & Juice	Ritz Crackers, Cream Cheese & 100% Juice			**1% Milk is provided for children above 2 years old.