

January Snack List

	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
AM	String Cheese (juice)	PB w/ Graham crackers (milk)	Pizza Croissants (juice)	Blueberry Muffins (milk)	Creative
PM	Cereal w/milk (water)	Mini grilled cheese (juice)	Mandarin oranges (milk)	Goldfish crackers (juice)	Snack
	11	12	13	14	15
AM	Crackers w/ Cheese (juice)	Oatmeal (milk)	Rice Crispy treats (milk)	Bagels w/ Cream cheese (juice)	Creative
PM	Bananas (milk)	Mac & cheese (juice)	Yogurt (juice)	Applesauce (milk)	Snack
	18	19	20	21	22
M	Nilla wafers (milk)	Ranch Oyster crackers (juice)	Eggs, toast (juice)	French toast sticks (milk)	Creative
PM	Cottage cheese (juice)	Peaches (milk)	Turkey cheese rollups (water)	Snowman toast (juice)	Snack
	25	26	27	28	29
AM	Rice cakes (juice)	Animal crackers (juice)	Mini pigs in a blanket (water)	Fruit w/ dip (milk)	Creative
PM	Veggie roll-ups (water)	Pears (milk)	Pudding (juice)	Yogurt raisins (milk)	Snack

*** 100% fruit juice is provided

*** Blue shows food prep activity for children

*** Children under 2years will be provided with an alternative snack when foods that are choking hazards are scheduled such as pretzels, nuts, hot dogs, grapes, or popcorn.