

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Apple Sauce & Crackers	7 Popcorn* & Oranges	8 String Cheese & Carrots	9 Strawberry Fig Newtons* & Sugar Snap Peas	10 Yogurt & Granola*	11
12	13 Turkey Lunch Meat & Graham Crackers	14 Grapes and Pretzels	15 Whole Grain Cheez-Its* & Apple Slices	16 Cinnamon Teddy Grahams and Pears	17 English Cucumber & Whole Grain Ritz*	18
19	20 NO SCHOOL	21 PB Fold-overs*	22 Bananas & Vanilla Yogurt	23 String Cheese & Ham Roll-ups	24 Whole Grain Ritz* and Peanuts	25
26	27 Oranges & Graham Crackers	28 Sun Chips* & Apple Slices	29 Carrots & Whole Grain Wheat Thins*	30 Pretzels & Peanut Butter Dip	31 Yogurt & Blueberries	

ALL SNACKS SERVED WITH EITHER WATER OR 100% FRUIT JUICE

*Contains Whole Grain