

JANUARY SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Winter Break	Crackers & Seed Butter Pouch	Cheese Stick & Fruit	Sunflower Seeds & Fruit	Goldfish Pretzels & Juice
13	14	15	16	17
Cinnamon Grahams & Fruit	Goldfish Cheddars & Juice	Cinnamon Granola & Fruit	Crackers & Seed Butter Pouch	Goldfish Cheddar & Fruit
20	21	22	23	24
No School MLK	Crackers & Seed Butter Pouch	Cheese Stick & Fruit	Sunflower Seeds & Fruit	Goldfish Pretzels & Juice
27	28	29	30	31
Cinnamon Grahams & Fruit	Goldfish Cheddars & Juice	Cinnamon Granola & Fruit	Crackers & Seed Butter Pouch	Goldfish Cheddar & Fruit

Snack Includes:

All snacks meet 1oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable
 Fruit Rotation: Apples, Oranges, Pears, 100% Fruit Juice
 *All fruits meet 3/4 cup equivalent
Monday: apple **Tuesday:** juice or orange **Wednesday:** Pear **Thursday:** n/a or juice/orange **Friday:** apple

RevUp Rewards:

Scan Our QR Code Daily
 Rate the Meal You Ate
You're Entered to Win!
 Drawings Monthly
 Learn More and See Prizes:
www.revolutionfoods.com/revuprewards

