

January Snack



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
No School	Wheat Crackers & Seed Butter Pouch	Cheese Stick & Fruit	Sunflower Seeds & Fruit	Goldfish Pretzels & Fruit
13	14	15	16	17
Giant Cinnamon Grahams & Fruit	Goldfish Cheddar & Fruit	Cinnamon Granola & Fruit	Wheat Crackers & Seed Butter Pouch	Goldfish Cheddar & Fruit
20	21	22	23	24
No School	Wheat Crackers & Seed Butter Pouch	Cheese Stick & Fruit	Sunflower Seeds & Fruit	Goldfish Pretzels & Fruit
27	28	29	30	31
Giant Cinnamon Grahams & Fruit	Goldfish Cheddar & Fruit	Fruity Crisps & Fruit	Wheat Crackers & Seed Butter Pouch	Goldfish Cheddar & Fruit

Snack Includes:

All snacks meet 1oz eq Whole Grain, 1 oz eq M/M/A, 3/4 C Fruit, and/or 3/4 C Vegetable
 Fruit Rotation: Apple (3/4 Cup), 100% Fruit Juice 6 oz, Orange (3/4 Cup)
 *All fruits meet 3/4 cup equivalent
 *All Grains Are Whole Grain Rich

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