

# JANUARY SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
	Pizza Crackers & Juice	Goldfish Pretzels & Fruit	Cheese Puffs & Fruit	Goldfish Cheddar & Fruit
12	13	14	15	16
Honey Grahams & Fruit	Ranch Crackers & Juice	Educational Crackers & Fruit	Cinnamon Grahams & Fruit	BBQ Poptillas & Fruit
19	20	21	22	23
<b>MLK No School</b>	Honey Grahams & Juice	Pizza Crackers & Fruit	Ranch Crackers & Fruit	Goldfish Pretzels & Fruit
26	27	28	29	30
Cinnamon Grahams & Fruit	Pizza Crackers & Juice	Goldfish Pretzels & Fruit	Cheese Puffs & Fruit	Goldfish Cheddars & 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  
 \*All grains are wholegrain rich  
 Monday: apple Tuesday: juice or orange Wednesday: Pear Thursday: n/a or juice/orange Friday: apple

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