

## January Snack

	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Week 1</u></b>	<b>4</b> Carrots Goldfish Fruit (HS) Milk (HS)	<b>5</b> Pretzels Peanut Butter Fruit (HS) Milk (HS)	<b>6</b> Apple Slices Graham Crackers Fruit (HS) Milk (HS)	<b>7</b> Trail Mix Juice Fruit (HS) Milk (HS)	<b>8</b> Wheat Thins Cheese Cubes Fruit (HS) Milk (HS)
<b><u>Week 2</u></b>	<b>11</b> Apple Juice Goldfish Fruit (HS) Milk (HS)	<b>12</b> Banana Milk	<b>13</b> Cheerios Yogurt	<b>14</b> Pineapple Graham Crackers Milk (HS)	<b>15</b> Apple Slices Cheez Its Fruit (HS) Milk (HS)
<b><u>Week 3</u></b>	<b>18</b> Cheerios Yogurt	<b>19</b> Wheat Thins Cheese Cubes Fruit (HS) Milk (HS)	<b>20</b> Banana Peanut Butter Milk (HS)	<b>21</b> Trail Mix Fruit (HS) Milk	<b>22</b> Apple Juice Goldfish Fruit (HS) Milk (HS)
<b><u>Week 4</u></b>	<b>25</b> Bug Bits Fruit (HS) Milk	<b>26</b> Apples Goldfish Fruit (HS) Milk (HS)	<b>27</b> Carrots Wheat Thins Fruit (HS) Milk (HS)	<b>28</b> Turkey Sandwich Fruit (HS) Milk (HS)	<b>29</b> Pretzels Banana Milk (HS)