

# HUGS N HEARTS

## Snack Menu

January

2015

MON	TUES	WED	THUR	FRI
<b>5</b>				
Breakfast: Cereal Bars	Breakfast: Cereal	Breakfast: Bagels	Breakfast: Muffins	Breakfast: French Toast
AM Snack: Graham Crackers Yogurt	AM Snack: Cheese Ritz Crackers	AM Snack: Wheat Thins Apples or Apple Sauce	AM Snack: Popcorn Raisins	AM Snack: Vanilla Wafers Mandarin Oranges
PM Snack: Gold Fish Crackers	PM Snack: Teddy Grahams	PM Snack: Pretzels	PM Snack: Veggie Straws	PM Snack: Cheeze-Its
<b>6</b>				
<b>7</b>				
<b>8</b>				
<b>9</b>				
<b>12</b>				
Breakfast: Cereal Bars	Breakfast: Cereal	Breakfast: Bagels	Breakfast: Muffins	Breakfast: French Toast
AM Snack: Graham Crackers Yogurt	AM Snack: Vanilla Wafers Mandarin Oranges	AM Snack: Cheese Ritz Crackers	AM Snack: Wheat Thins Apples or Apple Sauce	AM Snack: Popcorn Raisins
PM Snack: Gold Fish Crackers	PM Snack: Pretzels	PM Snack: Veggie Straws	PM Snack: Teddy Grahams	PM Snack: Cheeze-Its
<b>13</b>				
<b>14</b>				
<b>15</b>				
<b>16</b>				
<b>19</b>				
Breakfast: Cereal Bars	Breakfast: Cereal	Breakfast: Bagels	Breakfast: Muffins	Breakfast: French Toast
AM Snack: Graham Crackers Yogurt	AM Snack: Popcorn Raisins	AM Snack: Vanilla Wafers Mandarin Oranges	AM Snack: Cheese Ritz Crackers	AM Snack: Wheat Thins Apples or Apple Sauce
PM Snack: Gold Fish Crackers	PM Snack: Veggie Straws	PM Snack: Cheeze-Its	PM Snack: Pretzels	PM Snack: Teddy Grahams
<b>20</b>				
<b>21</b>				
<b>22</b>				
<b>23</b>				
<b>26</b>				
Breakfast: Cereal Bars	Breakfast: Cereal	Breakfast: Bagels	Breakfast: Muffins	Breakfast: French toast
AM Snack: Graham Crackers Yogurt	AM Snack: Wheat Thins Apples or Apple Sauce	AM Snack: Popcorn Raisins	AM Snack: Vanilla Wafers Mandarin Oranges	AM Snack: Cheese Ritz Crackers
PM Snack: Gold Fish Crackers	PM Snack: Cheeze-Its	PM Snack: Teddy Grahams	PM Snack: Veggie Straws	PM Snack: Pretzels
<b>27</b>				
<b>28</b>				
<b>29</b>				
<b>30</b>				

Breakfast is served with Milk & Orange Juice.

Snacks are served with Juice: 100% Apple, White Grape, Fruit Punch or Tangerine.

Lunches are served with 2% Milk and Vitamin D for the Toddlers.