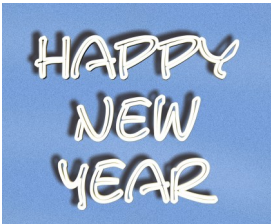



January Morning Snack Menu

Sat/ Sun	Mon	Tue	Wed	Thu	Fri
29/30	31 Rice Krispies & Milk		2 Muffins & Milk	3 English Muffins & Milk	4 Surprise Snack w/ Milk
5/6	7 Muffins & Milk	8 Applesauce & Milk	9 Toast w/ Jelly & Milk	10 French Toast Sticks	11 Surprise Snack w/Milk
12/13	14 Bagels w/ cream cheese & Milk	15 Muffins & Milk	16 Cheerios & Milk	17 English Muffins & Milk	18 Surprise Snack w/Milk
19/20	21 CLOSED for MLK DAY	22 Corn Flakes & Milk	23 Toast w/ Butter & Milk	24 Pancakes & Milk	25 Surprise Snack w/Milk
26/27	28 Waffles & Milk	29 English Muffins & Milk	30 Muffins & Milk	31 Bran Flakes & Milk	1 Surprise Snack w/Milk

****SURPRISE snack is a combination of TWO of the four food groups: GRAIN, FRUIT/VEGGIE, PROTEIN, DAIRY****



January Afternoon Snack Menu

Sat/ Sun	Mon	Tue	Wed	Thu	Fri
29/30	31 ACADEMY CLOSES AT 1PM		2 Cheese Its & Milk	3 Multi-Grain Rice Cakes & Milk	4 Surprise Snack w/ Milk
5/6	7 Veggies w/ Dip & H ₂ O	8 Oyster Crackers w/ Raisins & H ₂ O	9 Apple Cinnamon Rice Cakes & H ₂ O	10 Cheese Its & H ₂ O	11 Surprise Snack w/H ₂ O
12/13	14 Cheddar Rice Cakes & H ₂ O	15 Saltines w/ Cheese & H ₂ O	16 Wheat Crackers & H ₂ O	17 Apples & H ₂ O	18 Surprise Snack w/H ₂ O
19/20	21 ALC CLOSED MLK DAY	22 Caramel Rice Cakes & H ₂ O	23 Pineapple Tidbits & H ₂ O	24 Tortilla Roll-ups w/ Sunbutter & H ₂ O	25 Surprise Snack w/H ₂ O
26/27	28 Goldfish & H ₂ O	29 Pears & H ₂ O	30 Granola & H ₂ O	31 Tortillas w/ Salsa & H ₂ O	1 Surprise Snack w/H ₂ O

****SURPRISE snack is a combination of TWO of the four food groups: GRAIN, FRUIT/VEGGIE, PROTEIN, DAIRY****