



January Morning Snack Menu

Sat/ Sun	Mon	Tue	Wed	Thu	Fri
28/29	30 Rice Krispies & Milk	31 Muffins & Milk		2 English Muffins & Milk	3 Surprise Snack w/ Milk
4/5	6 Muffins & Milk	7 Pops Cereal & Milk	8 Toast w/ Jelly & Milk	9 French Toast Sticks	10 Surprise Snack w/Milk
11/12	13 Pancakes & Milk	14 Muffins & Milk	15 Cheerios & Milk	16 English Muffins & Milk	17 Surprise Snack w/Milk
18/19	20 CLOSED for MLK DAY	21 Corn Flakes & Milk	22 Toast w/ Butter & Milk	23 Muffins & Milk	24 Surprise Snack w/Milk
25/26	27 Waffles & Milk	28 English Muffins & Milk	29 Muffins & Milk	30 Bran Flakes & Milk	31 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
28/29	30 Apple Cinnamon Rice Cakes & Milk	31 ACADEMY CLOSES AT 1PM		2 Goldfish & Milk	3 Surprise Snack w/ Milk
4/5	6 Chex & Cheese & Milk	7 Cheddar Rice Cakes & Milk	8 Multi-Grain Rice Cakes & Milk	9 Apples & Milk	10 Surprise Snack w/Milk
11/12	13 Cheese Its & Milk	14 Saltines w/ Cheese & Milk	15 Wheat Crackers & Milk	16 Oyster Crackers w/ Raisins	17 Surprise Snack w/Milk
18/19	20 ALC CLOSED MLK DAY	21 Caramel Rice Cakes & Milk	22 Pineapple Tidbits & Milk	23 Tortilla Roll-ups w/ Sunbutter & Milk	24 Surprise Snack w/Milk
25/26	27 Goldfish & Milk	28 Pears & Milk	29 Ritz Crackers & Milk	30 Tortillas w/ Salsa & H ₂ O	31 Surprise Snack w/Milk

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