

JANUARY SNACK 2020

Monday	Tuesday	Wednesday	Thursday	Friday
30 Animal Cracker Milk	31 Cheese Its Orange Juice	JAN 1 Happy Holidays!	2 Wheat Thin Cracker Fruit Cup	3 Tea Biscuit Orange Juice
6 WW Choc Chip Muffin Milk	7 Sweet Potato Crackers Orange Juice	8 Yogurt Applesauce Cup	9 WW Pretzels Clementine	10 Cocoa Cracker Orange Juice
13 WW Choc Chip Muffin Milk	14 Tortilla Chips Orange Juice	15 Honey Graham Clementine	16 Wheat Thin Cracker Fruit Cup	17 Rice Cakes Orange Juice
20 Elf Grahams Milk	21 Cheese Its Orange Juice	22 Cocoa Cracker Fruit Cup	23 Veggi & Bean Chips Applesauce Cup	24 Sweet Potato Crackers Orange Juice
27 Cocoa Cracker Milk	28 Cheese Cracker	29 Tea Biscuit Clementine	30 Tortilla Chips Fruit cup	31 Rice Cakes Orange Juice
FEB 3 WW Choc Chip Muffin Milk	4 Cheese Its Orange Juice	5 Yogurt Fruit Cup	6 Elf Grahams Clementine	7 WW Pretzels Orange Juice

Menus Are Subject To Change *All Juice Must Be 100% Fruit Juice

Ages	Milk	Meat/Meat Alternatives	Vegetables	Fruits	Grains
1-2	½ cup	½ oz.	½ cup	½ cup	½ oz.
3-5	½ cup	½ oz.	½ cup	½ cup	½ oz.
6-12	1 cup	1 oz.	¾ cup	¾ cup	1 oz.