

# January Snack Menu

**\*This menu is subject to change.**

1 	2 Whole Grain Cereal w/ Milk Fresh Fruit  Fresh Fruit and Wheat Thins	3 Cheesy Wheat English Muffin with Fresh Fruit  String Cheese Grapes & Strawberries	4 Banana Pancakes w/Milk  Strawberry Yogurt Whole Grain Cereal	5 Spinach Scramble w/ Wheat Toast  Hummus w/ Pita Chips and Baby Carrots
8 Oatmeal w/ Fresh Strawberry  Veggie Sticks, Wheat Thins, w/ Low Fat Dip	9 Turkey Egg White Scramble w/ Wheat Tortilla  Apple Sauce and Graham Crackers	10 Whole Wheat French w/ Compote  Cheese Cubes, Crackers, and Grapes	11 Cream of Wheat w/ Blueberries  Fresh Fruit w/ Goldfish	12 Waffles w/Fresh Fruit  Whole Wheat Bagels w/Cream Cheese
15 	16 Whole Grain Cereal w/ Milk Fresh Fruit  Fresh Fruit and Wheat Thins	17 Cheesy Wheat English Muffin w/ Fresh Fruit  String Cheese Grapes & Strawberries	18 Banana Pancakes w/Milk  Strawberry Yogurt Whole Grain Cereal	19 Spinach Scramble w/ Wheat Toast  Hummus w/ Pita Chips and Baby Carrots
22 Oatmeal w/ Fresh Strawberry  Veggie Sticks, Wheat Thins, w/ Low Fat Dip	23 Turkey Egg White Scramble w/ Wheat Tortilla  Apple Sauce and Graham Crackers	24 Whole Wheat French w/ Compote  Cheese Cubes, Crackers, and Grapes	25 Cream of Wheat w/ Blueberries  Fresh Fruit w/ Goldfish	26 Waffles w/Fresh Fruit  Whole Wheat Bagels w/Cream Cheese
29 Whole Grain Cereal w/ Milk Fresh Fruit  Fresh Fruit and Wheat Thins	30 Cheesy Wheat English Muffin with Fresh Fruit  String Cheese Grapes & Strawberries	31 Banana Pancakes w/Milk  Strawberry Yogurt Whole Grain Cereal		

- This menu is subject to change.
- 1% Milk is served to children 2 and up.
- 2% Milk is served to children under 2 yrs.
- Water is served with every snack and is our primary source of beverage.
- A ½ serving of fresh fruits and/or vegetables is served with every snack.