



# January Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>NO SCHOOL</b>	2 <b>AM</b> Whole Grain Crackers and Diced Pears <b>PM</b> Tortilla Chips and Salsa	3 <b>AM</b> Cheerios and Organic Milk <b>PM</b> Whole Wheat Bagel w/ Cream Cheese & Jelly	4 <b>AM</b> Orange Slices and Whole Grain Ritz Crackers <b>PM</b> Fruit and Cheese Cubes
7 <b>AM</b> Diced Peaches with Teddy Grahams <b>PM</b> Graham Crackers and Applesauce	8 <b>AM</b> Sliced American Cheese and Whole Grain Crackers <b>PM</b> Seasonal Fruit & Vanilla Wafers	9 <b>AM</b> Whole Wheat Bagel w/Cream Cheese & Jelly <b>PM</b> Whole Wheat Bread with Apple Butter	10 <b>AM</b> Vanilla Yogurt and Pineapple <b>PM</b> Graham Crackers and Applesauce	11 <b>AM</b> String Cheese and Pretzels <b>PM</b> Rice Krispie Treats and Orange Slices
14 <b>AM</b> Goldfish with Juice <b>PM</b> Fruit and Triscuits	15 <b>AM</b> Vanilla Yogurt and Mandarin Orange <b>PM</b> Cucumbers with Ranch Dressing and Tortilla Chips	16 <b>AM</b> Trail Mix and Juice <b>PM</b> Vanilla Oreos and Apple Sauce	17 <b>AM</b> Cereal Bars and String Cheese <b>PM</b> Multi Grain Crackers and Orange Slices	18 <b>NO SCHOOL</b>
21 <b>NO SCHOOL</b>	22 <b>AM</b> Seasonal Fruit and Vanilla Wafers <b>PM</b> Goldfish and Juice	23 <b>AM</b> Teddy Grahams and Banana <b>PM</b> Whole Wheat Bread with Apple Butter	24 <b>AM</b> Triscuits and Baby Carrots w/Ranch Dressing <b>PM</b> Fruit and Cheese Cubes	25 <b>AM</b> Applesauce and Pretzels <b>PM</b> Tortilla Chips and Salsa
28 <b>AM</b> Cucumbers with Ranch Dressing and Tortilla Chips <b>PM</b> Vanilla Yogurt and Wafers	29 <b>AM</b> Apple Slices and Cheese Cubes <b>PM</b> Trail Mix and Juice	30 <b>AM</b> Whole Grain Crackers and Diced Pears <b>PM</b> Tortilla Chips and Salsa	31 <b>AM</b> Cheerios and Organic Milk <b>PM</b> Whole Wheat Bagel w/ Cream Cheese & Jelly	

*Additionally, GPS menus contain more of the following healthy menu items: organic milk, juices that are 100% juice and contain no dyes, whole grain pasta, whole grain and whole wheat breads, low-fat cheese, all natural applesauce, diced fruits stored in juice (not syrup).*

- This menu is subject to change due to unforeseen circumstances.