



# January Snack 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack		1. 	2. Pastry Crisps with Apple slices	3. Muffins and Juice	4. Caramel rice cakes and bananas
Afternoon Snack			Veggie Straws and String Cheese	Baby Carrots and Ritz crackers	Trail Mix and apple juice
AM Snack	7. Beagles and cream cheese	8. Peaches and Graham crackers	9. Yogurt and Mandarin Oranges	10. Nutrigrain and Pears	11.
Afternoon Snack	Bell pepper, sugar snap peas and Ranch	Quesadilla and salsa/Sour cream	Bell pepper, sugar snap peas and Ranch	Apple slices and WOW butter	pudding with Nilla Wafers
Afternoon Snack	14. Celery, Cream Cheese, Saltines	15. Wheat Thins and oranges slices	16. Veggie Straws and String Cheese	17. Baby Carrots and Ritz crackers	18. Trail Mix and apple juice
Afternoon Snack	21. Bell pepper, sugar snap peas and Ranch	22. Quesadilla and salsa/Sour cream	23. Bell pepper, sugar snap peas and Ranch	24. Apple slices and WOW butter	25. Pudding with Nilla Wafers
Afternoon Snack	28. Celery, Cream Cheese and Saltines	29. Wheat Thins and oranges slices	30. Veggie Straws and String Cheese	31. Baby Carrots and Ritz crackers	