

## January



|                    | MONDAY   | TUESDAY                                   | WEDNESDAY  | THURSDAY                                 | FRIDAY                                  |
|--------------------|--|---|--|--|---|
| AM Snack           |  | mela                                      | me   | 2.<br>Muffins and juice                  | 3.<br>Caramel rice cakes and<br>bananas |
| Afternoon<br>Snack |  | 2   | 020  | Apple slices and wow butter              | Pop Corn and grapes                     |
|                    |  |   | w Year's Day   |  |   |
| Afternoon<br>Snack | 6.<br>Bell pepper, sugar snap<br>peas and ranch  | 7.<br>Quesadilla and salsa/sour<br>cream  | 8.<br>WOW butter and jelly<br>graham cracker sandwich  | 9.<br>Baby carrots and ritz<br>crackers  | 10.<br>Cookies and milk                 |
| Afternoon<br>Snack | 13.<br>Cheese and crackers                       | 14.<br>Wheat Thins and oranges<br>slices  | 15.<br>Veggie Straws and string<br>cheese              | 16.<br>Apple slices and wow<br>butter    | 17.<br>Pop Corn and grapes              |
| Afternoon<br>Snack | 20.<br>Bell pepper, sugar snap<br>peas and ranch | 21.<br>Quesadilla and salsa/sour<br>cream | 22.<br>WOW butter and jelly<br>graham cracker sandwich | 23.<br>Baby Carrots and ritz<br>crackers | 24.<br>Cookies and milk                 |
| Afternoon<br>Snack | 27.<br>Cheese and crackers                       | 28.<br>Wheat Thins and oranges<br>slices  | 29.<br>Veggie Straws and string<br>cheese              | 30.<br>Apple slices and wow<br>butter    | 31.<br>Pop Corn and grapes              |

