

January 2019 Snack Menu

		1	2	3	4
AM	Closed for Winter Break		Ants on a log*	Rice cakes w/ Soy nut butter and Banana slices	Bagels w/ Cream Cheese
PM			Orange Trail Mix^	Yogurt and Fruit	Orange Whip w/ Nilla Wafers
	7	8	9	10	11
AM	Edamame and Cheese	Hummus and Veggies	Waffles with Apple Butter	Toast with Orange Jelly and Hard Boiled eggs	Cereal with Milk and Fruit
PM	Applesauce and Graham Crackers	Baked Oatmeal	Yogurt and Fruit	Orange Fruit Smoothies w/ Crackers	Chips and Salsa
	14	15	16	17	18
AM	Orange Trail Mix^	Yogurt and Granola	Cheese and Fruit	Ants on a log*	Applesauce and Graham Crackers
PM	Veggie Sausage and Corn on the Cob	Toast with Orange Jelly and Hard Boiled eggs	Orange Muffins/Bread	Orange Fruit Smoothies w/ Crackers	Rice cakes w/ Soy nut butter and Banana slices
	21	22	23	24	25
AM	Cereal and Milk	Orange Whip w/ Nilla Wafers	Yogurt and Fruit	Hummus and Pita	Edamame and Cheese
PM	Tu BiShvat Fruit Seder	Veggie Sausage and Corn on the Cob	Baked Oatmeal	Orange Yogurt/Popsicle Cups	Orange Trail Mix^
	28	29	30	31	
AM	Toast with Orange Jelly and Hard Boiled eggs	Rice cakes w/ Soy nut butter and Banana slices	Waffles with Apple Butter	Ants on a log*	
PM	Applesauce and Graham Crackers	Cheese and Fruit	Yogurt with Granola	Orange Muffins/Bread	

^Trail mix may include cereal, pretzels, goldfish, veggie straws, and/or dried fruit

* celery, raisins and soy nut butter or cream cheese