

# Morning and Afternoon Snack Menu January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
30. Winter Break	31. Winter Break	1 Winter Break	2. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	3. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
6. AM: chicken sausage, roll, and milk PM: pretzels* & oranges	7. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	8. AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	9. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	10. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
13. AM: chicken sausage, roll, and milk PM: pretzels* & oranges	14. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	15. AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack* & Unique Fruit!	16. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	17. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
20. Closed for MLK Day	21. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	22. AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	23. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	24. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
27. AM: chicken sausage, roll, and milk PM: pretzels* & oranges	28. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	29. AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	30. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	31. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese

**NOTE: (1)** In the Caterpillars, Whales and Frogs classrooms, we may substitute applesauce or another soft fruit/vegetable for hard fruits and vegetables. **(2)** We may change the snack menu without notice in the event of a supply issue or if your child is not eating the snack provided. **(3)** We do not know which fruit Good Food will provide with lunch and we may switch a snack if it contains the same fruit. **(4)** Oatmeal is made with brown sugar

**Unique Fruit!** - This will be a chance to try an out of the ordinary fruit such as mango, papaya, pitaya, or dates.

**Weekly goals:** 1 yogurt, 3-4 fruits (apple, banana, orange, blueberry) 3-4 vegetables (cucumber, bell pepper, celery, carrot, seaweed), 1-3 animal proteins, and milk daily / \* denotes organic