

Morning and Afternoon Snack Menu

January 2026



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

NOTES: (1) Oatmeal is made with brown sugar. (2) In the Caterpillars, Whales and Frogs classrooms, we may substitute soft fruits/vegetables/crackers for hard fruits and vegetables. (3) We may change the snack menu without notice if, but not limited to, we have a supply issue, your child is not eating the snack provided, or Good Food provided the same fruit for lunch.

* denotes organic

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, avocado) 3-4 vegetables (cucumber, bell pepper, celery, carrot, seaweed), 1-3 animal proteins, and milk daily