



Morning and Afternoon Snack Menu

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2. Closed for New Years!	3. AM: chicken sausage, roll, and milk PM: pretzels and oranges	4. AM: oatmeal and milk PM: goldfish and cucumber*	5. AM: yogurt with fresh blueberries* and milk PM: bell pepper*, saltine crackers, and string cheese	6. AM: Challah, apples* and milk PM: ritz crackers & string cheese
9. AM: chicken sausage, roll, and milk PM: pretzels and oranges	10. AM: yogurt with fresh blueberries* and milk PM: bell pepper*, saltine crackers, and string cheese	11. AM: oatmeal and milk PM: goldfish and cucumber*	12. AM: cereal, banana*, and milk PM: carrots*, hummus* or tzatziki	13. AM: Challah, apples* and milk PM: ritz crackers & string cheese
16. Closed for Martin Luther King Jr. Day!	17. AM: chicken sausage, roll, and milk PM: pretzels and oranges	18. AM: oatmeal and milk PM: goldfish and cucumber* AND Unique Fruit!	19. AM: yogurt with fresh blueberries* and milk PM: bell pepper*, saltine crackers, and string cheese	20. AM: yogurt with organic granola** and milk PM: apples* and graham crackers
23. AM: chicken sausage, roll, and milk PM: oranges and ritz crackers	24. AM: yogurt with fresh blueberries* and milk PM: bell pepper*, saltine crackers, and string cheese	25. AM: oatmeal and milk PM: goldfish and cucumber*	26. AM: cereal, banana*, and milk PM: carrots* and hummus* or tzatziki	27. AM: Challah, apples* and milk PM: ritz crackers & string cheese
30. AM: chicken sausage, roll, and milk PM: oranges and ritz crackers	31. AM: yogurt with fresh blueberries* and milk PM: bell pepper*, saltine crackers, and string cheese	1. AM: oatmeal and milk PM: goldfish and cucumber*	2. AM: cereal, banana*, and milk PM: carrots* and hummus* or tzatziki	3. AM: Challah, apples* and milk PM: ritz crackers & string cheese

Weekly goals: 1-2 yogurts, 3-4 fruits (apple, banana, orange, blueberry) 2-3 vegetables (cucumber, bell pepper, carrot), 1-3 animal proteins, and milk daily / * denotes organic

NOTE: (1) In the Caterpillars, Whales, Monkeys 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; as such, we may switch the afternoon snack if it contains the same fruit as lunch.

****ORGANIC GRANOLA** - This contains pumpkin seeds and flax seeds

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