

January 2021 Snack Calendar

Monday 1/4/2021		Tuesday 1/5/2021		Wednesday 1/6/2021		Thursday 1/7/2021		Friday 1/8/2021	
AM	Cheerios (1c) & Milk (1c)	AM	Waffles (1) & Syrup (1t)	AM	Scrambled Eggs with Cheese	AM	Biscuits (1), Jam (1T), & Apple Juice (1c)	AM	Mini breakfast bagels (1) & Cream Cheese (2T)
PM 1st	Red Marinara Pasta (1c noodles, .25c red sauce)	PM 1st	Roasted Veggies (.5) & Wheat Thins (.25)	PM 1st	Pita(1)& Hummas(2T) with Cucumbers	PM 1st	Tortilla Chips&Salsa(2T)	PM 1st	Bagels & Cream Cheese(2T)
2nd	Fresh Fruit (.5)	2nd	Go Gurt (1)	2nd	Apple Sauce (.5c)	2nd	Veggies (1c) & Ranch (1T)	2nd	Fresh fruit (.5c)
Monday 1/11/2021		Tuesday 1/12/2021		Wednesday 1/13/2021		Thursday 1/14/2021		Friday 1/15/2021	
AM	Cheerios (1c) & Milk (1c)	AM	Hashbrown (1)& Boiled Eggs(1)	AM	Banana (1/2) & Graham Crackers (2)	AM	English Muffins (1), Jam (1T), & OJ (1c)	AM	French Toast Sticks (3), syrup (2T), & Fruit (.5c)
PM 1st	Canned Fruit (1c)& Pretzels(.5c)	PM 1st	Mashed Potatoes (1c)	PM 1st	Bean & Cheese Burrito (1)	PM 1st	Pesto Pasta (1c noodles, .25c pesto)	PM 1st	Tater Tots (9) & Ketchup (1T)
2nd	Cheese Stick (1)	2nd	Cuties (1)	2nd	Wheat Thins (.5)	2nd	Canned Fruit (.5c)	2nd	Cheez-Its (.5c)
Monday 1/18/2021		Tuesday 1/19/2021		Wednesday 1/20/2021		Thursday 1/21/2021		Friday 1/22/2021	
AM	Cheerios (1c) & Milk (1c)	AM	Chocolate Chip Muffins (1) & (2T chocolate chips)	AM	Avocado Toast (1 slice, &spread) (2T)	AM	Muffins (1), Butter (1T), & Milk (1c)	AM	Sliced Apples (.5c) & Cinnamon Toast (1) & Apple Juice
PM 1st	Cheese Cubes (.5) & Ritz Crackers (X4)	PM 1st	Tomato Soup & Goldfish(.5c)	PM 1st	Kale Chips (1c)& Cheese Crackers	PM 1st	Celery Bobs (2) (celery,cream cheese,&craisins)	PM 1st	English Muffin Pizza (.5 english muffin, .25c sauce, .25c cheese)
2nd	Go Gurt (1)	2nd	1/2 Banana (1)	2nd	Cheese Stick (1)	2nd	Goldfish Crackers (.5c)	2nd	Graham Crackers (2)
Monday 1/25/2021		Tuesday 1/26/2021		Wednesday 1/27/2021		Thursday 1/28/2021		Friday 1/29/2021	
AM	Life Cereal (1c) & Milk (1c)	AM	Scrambled Egg Muffins (1) *place eggs &cheese in the muffin tin and bake for 15 min.	AM	Oatmeal w/ Fruit (.5c)	AM	Gogurt (1) & Graham Crackers (2)	AM	French Toast Sticks (3), syrup (2T), & Fruit (.5c)
PM 1st	Cheese Quesadillas (1 tortilla, .25c cheese)	PM 1st	Tortilla Chips & Salsa(2T)	PM 1st	Garlic Bread with Marinara Sauce & Peas/Corn	PM 1st	Fruit Smoothies (1c)	PM 1st	Grilled Cheese (1 slice bread, .25c cheese)
2nd	Pirate Booties (1 bag)	2nd	Pretzels (.5c)	2nd	Apple Sauce (.5c)	2nd	Cheese Stick (1)	2nd	Ritz Crackers (5)
Monday 2/1/2021		Tuesday 2/2/2021		Wednesday 2/3/2021		Thursday 2/4/2021		Friday 2/5/2021	
AM	Cheerios (1c) & Milk (1C)	AM	Skilled Granola& Yogurt (.5c)	AM	Corn Muffins (1) & Honey (1t)	AM	Toast (1) & Jam & Milk (1C)	AM	Waffles (1) & Syrup (1t)
PM 1st	Oven Nachos (2T) cheese& (.5) chips & (2T salsa)	PM 1st	Sliced apples (5) &Graham crackers (1)	PM 1st	Trail Mix (.25 goldfish, .25 pretzels,.25chex mix,.25 chocolate chips)	PM 1st	Red Marinara Pasta (1c noodles, .25c red sauce)	PM 1st	Matza Ball Soup (1c)
2nd	Toast (1) & Jam (2T)	2nd	Wheat Thins (.5c)	2nd	Fresh Veggies (1c)	2nd	Fresh Fruit (.5)	2nd	GoGurt (1)