



# Extended Day Café



## Snack Menu January 19<sup>th</sup> – 30<sup>th</sup>

		AM Snack	PM Snack		AM Snack	PM Snack
<b>MONDAY</b>	<b>19</b>	<b>MLK Jr Holiday</b>	<b>SCHOOL &amp; EXTENDED DAY CLOSED</b>	<b>26</b>	4 graham crackers ½ c milk	¾ c Mini pretzels 1 cheese stick c water
<b>TUESDAY</b>	<b>20</b>	½ frozen Go-gurt 3 graham crackers 1c water	¾ c Meridian Trail mix 2 slices apple 1c water	<b>27</b>	½ c cereal mix ¾ c grapes ½ c milk	<b>1 Rolinho de fiambre Recheado</b> (Ham/cheese/sausage roll) ½ c lemonade
<b>WEDNESDAY</b>	<b>21</b>	1 breakfast bar ½ c milk	1 wedge cheesy quesadilla ¾ c pears 1c water	<b>28</b>	5 mini pancakes w/maple syrup ½ c apple juice	1 frozen Go-gurt ¾ c goldfish crackers 1c water
<b>THURSDAY</b>	<b>22</b>	¾ c cereal ½ c milk	1 buttermilk biscuit w/butter ¾ c apple sauce 1c water	<b>29</b>	½ c vanilla yogurt w/graham cracker crumbs topping 1c water	½ c cracker medley ¾ c seasonal fruit 1c water
<b>FRIDAY</b>	<b>23</b>	1 waffle w/maple syrup ½ c milk	½ c caldo verde (Portuguese soup) 4 saltine crackers 1c water	<b>30</b>	1 rice cake ½ c milk	<b>Broa (Corn Bread)</b> 1 peach half 1c water

\*\*\*Meals are subject to change without notice\*\*\*

WW=whole wheat

AM Snack served at 7:45

PM Snack served 3:00-3:45

\*\*Vegan and gluten-free option available upon request