

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Goldfish Crackers + 1/2 Cup Fruit	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Corn Chips w/ Salsa + 1/2 Cup Veggies	AM: 1 Hash brown + 1/2 Cup Fruit PM: 1/2 Cup Fried Rice + 1/2 Cup Veggies	AM: 1 Package Animal Crackers + 1/2 Cup Fruit PM: 1/2 Cup Yogurt + 1/2 Cup Fruit	AM: 1/2 Cup Fruit + 1/2 Cup Milk PM: 1/2 Cup Soup + 1/2 Cup Fruit
7	8	9	10	11
AM: 1 Slice Toast + 1/2 Cup Fruit PM: 1/2 Cup Pretzels + 1/2 Cup Fruit	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Fruit 1/2 Cup Popcorn	AM: 1 Hash brown + 1/2 Cup Fruit PM: 1 Hash brown + 1/2 Cup Fruit	AM: 1 Package Animal Crackers + 1/2 Cup Fruit PM: 1 Cream Cheese Jam Roll + 1/2 Cup Fruit	AM: 1/2 Cup Cereal w/ Milk PM: 1 Bagel w/ Cream Cheese + 1/2 Cup Fruit
14	15	16	17	18
AM: 1/2 Cup Fruit + 1/2 Cup Cereal w/ Milk PM: 1/2 Pasta + 1/2 Cup Veggies	AM: 1 Waffle w/ Syrup + 1/2 Cup Fruit PM: 1 Slice Pita Bread + 1 tablespoon Hummus	AM: 1 Cinnamon Roll + 1/2 Cup Milk PM: 1/2 Cup Goldfish Crackers + 1/2 Cup Veggies	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: Crescent Ro with w/ Jam + 1/2 Cup Fruit	AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Meridian Mix + 1/2 Cup Veggies
21	22	23	24	25
MLK DAY Extended Day Closed	AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Cheese Crackers + 1/2 Cup Milk	AM: 1 Slice Toast + 1/2 Cup Fruit PM: 1/2 Cup Pretzels + 1/2 Cup Fruit	AM: 1 Cup Cereal Meridian Mix + 1/2 Cup Milk PM: 1 Waffle w/ Jam + 1/2 Cup Fruit	AM: 1 Hash brown + 1/2 Cup Fruit PM: 1/2 Cup Fried Rice + 1/2 Cup Veggies
28	29	30	31	1
AM: 1 Cup Cereal w/ Milk + 1/2 Cup Fruit PM: 1/2 Beans + 1/2 Cup Rice	AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Cheese Crackers + 1/2 Cup Milk	AM: 1/2 Cup Oatmeal + 1/2 Cup Fruit PM: 1 Cup Quinoa + 1/2 Cup Veggies	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Corn Chips w/ Salsa + 1/2 Cup Veggies	1/2 Cup Milk + 1/2 Cup Cereal PM: 4 Wheat Crackers + 1/2 Cup Fruit
*Special diet snack available upon request.				



Daily snack is served with water unless noted otherwise.

If your student would like to eat their own snack during extended day please email Sara Chesterfield for the permission form.