

January 2022 Extended Day Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
AM: 1 graham cracker + 1/2 cup fruit PM: Jungle crackers + 1/2 cup veggies	AM: 1/2 cup cereal w/ milk PM: 1/2 cup tortilla chips w/ salsa	AM: 1/2 piece toast w/ jam + 1/2 cup fruit PM: 1/2 cup goldfish + 1/2 cup fruit	AM: 1 Nutrigrain bar + 1/2 cup fruit PM: 1/2 cup pretzels + 1/2 cup veggies	AM: 1/2 cup oatmeal + 1/2 cup fruit PM: 4 crackers + 1 cheese stick
10	11	12	13	14 - In-service day
AM: 1/2 cup cereal w/ milk PM: 1/2 cup tortilla chips w/ salsa	AM: 1 graham cracker + 1/2 cup fruit PM: Jungle crackers + 1/2 cup veggies	AM: 1/2 cup oatmeal + 1/2 cup fruit PM: 4 crackers + 1 cheese stick	AM: 1/2 piece toast w/ jam + 1/2 cup fruit PM: 1/2 cup goldfish + 1/2 cup fruit	AM: 1 Nutrigrain bar + 1/2 cup fruit PM: 1/2 cup pretzels + 1/2 cup veggies
17	18	19	20	21
Meridian Closed	AM: 1/2 piece toast w/ jam + 1/2 cup fruit PM: 1/2 cup goldfish + 1/2 cup fruit	AM: 1 graham cracker + 1/2 cup fruit PM: Jungle crackers + 1/2 cup veggies	AM: 1/2 cup cereal w/ milk PM: 1/2 cup tortilla chips w/ salsa	AM: 1/2 cup oatmeal + 1/2 cup fruit PM: 4 crackers + 1 cheese stick
24	25	26	27	28
AM: 1 Nutrigrain bar + 1/2 cup fruit PM: 1/2 cup pretzels + 1/2 cup veggies	AM: 1/2 piece toast w/ jam + 1/2 cup fruit PM: 1/2 cup goldfish + 1/2 cup fruit	AM: 1/2 cup cereal w/ milk PM: 1/2 cup tortilla chips w/ salsa	AM: 1 graham cracker + 1/2 cup fruit PM: Jungle crackers + 1/2 cup veggies	AM: 1/2 cup oatmeal + 1/2 cup fruit PM: 4 crackers + 1 cheese stick
31	February 1	2	3	4
AM: 1/2 piece toast w/ jam + 1/2 cup fruit PM: 1/2 cup goldfish + 1/2 cup fruit	AM: 1/2 cup oatmeal + 1/2 cup fruit PM: 4 crackers + 1 cheese stick	AM: 1 Nutrigrain bar + 1/2 cup fruit PM: 1/2 cup pretzels + 1/2 cup veggies	AM: 1/2 cup cereal w/ milk PM: 1/2 cup tortilla chips w/ salsa	AM: 1 graham cracker + 1/2 cup fruit PM: Jungle crackers + 1/2 cup veggies