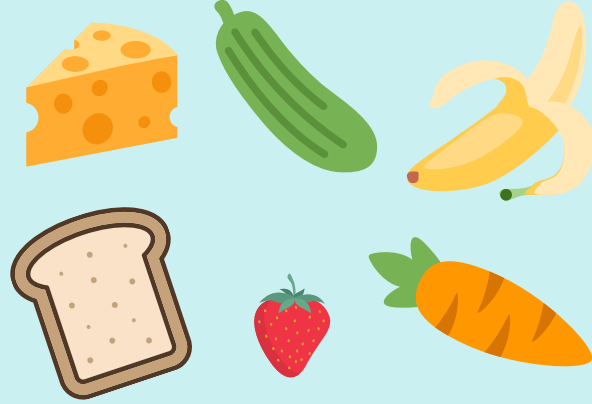




# January

## SNACK MENU



January's learning theme is  
"Animals & Their Habitats"

= Homemade    = Organic

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	
MON	AM: Rice cakes topped with Greek yogurt, raspberries & chia seeds (O)  PM: Veggie sticks & hummus (O)	 AM: Ricotta toast topped with blueberries & granola (O) PM: Cucumber slices & fiesta ranch dip (O)	 CLOSED	 AM: Ricotta toast topped with blueberries & granola (O) PM: Cucumber slices & fiesta ranch dip (O)	AM: Rice cakes topped with Greek yogurt, raspberries & chia seeds (O)  PM: Veggie sticks & hummus (O)	
TUE	AM: Apple slices with sunbutter & shredded coconut (O)  PM: Bean & veggie chili (O)	AM: Sunbutter banana smoothie (O) PM: Garlic noodles with broccoli (O)	AM: Apple slices with sunbutter & shredded coconut (O)  PM: Bean & veggie chili (O) 	AM: Sunbutter banana smoothie (O) PM: Garlic noodles with broccoli (O)		
WED	AM: No-bake "Better for You" brownies  PM: Cheesy quesadillas with avocado lime crema (O) 	 AM: Breakfast sandwich  PM: Tomato soup with Goldfish crackers (O)	AM: No-bake "Better for You" brownies  PM: Cheesy quesadillas with avocado lime crema (O)	 AM: Breakfast sandwich  PM: Tomato soup with Goldfish crackers (O) 		
THU	AM: Snowy frozen banana pops with Greek yogurt & shredded coconut (O)  PM: Vegetable Lo Mein (O)	 AM: Vegan organic banana coconut pudding & graham crackers (O) PM: Cream cheese & jam whole grain cracker stackers	AM: Snowy frozen banana pops with Greek yogurt & shredded coconut (O)  PM: Vegetable Lo Mein (O)	 AM: Vegan organic banana coconut pudding & graham crackers (O) PM: Cream cheese & jam whole grain cracker stackers		
FRI	 AM: Winter fruit salad with maple lime dressing (O)  PM: Broccoli & cabbage rice bowl with maple tahini dressing (O)	 AM: Apple cinnamon breakfast barley (O) PM: Crunchy cobb salad (O)	 AM: Winter fruit salad with maple lime dressing (O)  PM: Broccoli & cabbage rice bowl with maple tahini dressing (O)	 AM: Apple cinnamon breakfast barley (O) PM: Crunchy cobb salad (O)		

Any exceptions or changes to menu will be noted and are always accessible to families upon request. In season this month: Long-lasting storage crops such as winter squash, onions, dry beans, beets and sweet potatoes.