



January



This month's learning theme is
SNACK MENU



= Homemade Ingredients

| | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 |
|-----|---|--|--|--|--|
| MON | <p><i>Happy New Year 2024</i></p> | <p>AM: Bananas & whole grain crackers</p> <p>PM: Cucumbers & cheese cubes</p> |  | <p>AM: Yogurt & Cheerios</p> <p> PM: Bananas & Garden Veggie straws</p> | <p>AM: Graham crackers & bananas </p> <p>PM: Sunbutter & whole wheat toast</p> |
| TUE | <p>AM: Mango, spinach & banana smoothie</p> <p>PM: Bell peppers & Chickpea puffs</p> | <p>AM: Fruit salad & sweet potato crackers </p> <p>PM: Quesadilla</p> | <p>AM: Banana & sweet potato</p> <p>PM: Pineapple & cheerios </p> | <p>AM: Fruit salad & whole grain crackers</p> <p> PM: Quesadillas</p> | <p> AM: Spinach, banana pancakes </p> <p>PM: Cucumbers & cheese cubes</p> |
| WED | <p>AM: Granola & milk</p> <p>PM: Pita bread with homemade hummus</p> | <p>AM: Blueberry, spinach & banana smoothie</p> <p>PM: Carrots & chickpea puffs</p> | <p>AM: Banana & pancakes bites</p> <p>PM: Apples & whole grain crackers</p> | <p> AM: Mango, spinach & banana smoothie </p> <p>PM: Bell peppers & chickpea puffs</p> | <p>AM: Granola & Yogurt</p> <p> PM: Watermelon & whole grain crackers</p> |
| THU | <p>AM: Bananas & sweet potato crackers</p> <p> PM: Pancakes banana</p> | <p> AM: Granola & Milk</p> <p> PM: Sunbutter & whole wheat toast</p> | <p> AM :Strawberry, spinach & banana smoothie</p> <p>PM: Quesadillas</p> | <p>AM: Banana & Blueberry pancakes bites </p> <p> PM: Cucumbers & cheese cubes</p> | <p>AM: Strawberry, spinach & banana smoothie </p> <p>PM: Carrots & Garden veggie staws</p> |
| FRI | <p>AM: Yogurt & cheerios</p> <p> PM: Quesadilla</p> | <p>AM: Pita bread with homemade hummus</p> <p>PM: Seasonal fruit & whole grain crackers</p> | <p>AM: Cucumbers & cheese cubes</p> <p> PM: Seasonal fruit & Cinnamon bread</p> | <p>AM: Mango & Cherrios</p> <p> PM: Cinnamon bread with carrots</p> | <p>AM: Bell peppers & cheerios</p> <p>PM: Pita bread with homemade hummus</p> |

We try to always use organic ingredients unless unavailable.- all fruit is organic. Any exceptions or changes to menu will be noted and are always accessible to families upon request and modifications are done to address child-specific allergies and intolerances. We are a nut-free facility.