


JANUARY 2016 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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4 AM: Vanilla Greek Yogurt and Dried Apricots PM: Orange Sunrise Smoothies	5 AM: Red Grapes PM: Strawberry Nutri-Grain Bars	6 AM: Banana Boats PM: Whole Wheat English Muffin with Honey	7 AM: Chex Cereal and Dried Apricots PM: Cheese Quesadilla	8 AM: Apple and Oat Square Mix PM: Miss Tina's Choice
11 AM: Green Grapes PM: Zucchini With Ranch Dressing & Cheddar Cheese Cubes	12 AM: Dried Mango and Cheerios PM: Apples with Peanut Butter for Dipping	13 AM: Turkey and Cucumber Sticks PM: Cinnamon Raisin Bread	14 AM: Banana and Pear Caterpillar PM: Cauliflower and Hummus for Dipping	15 AM: Clementine Oranges PM: Miss Tina's Choice
18 AM: Sticks and Stones PM: Reduced Sodium Turkey Slices & Cheese Sticks	19 AM: Kiwi & Strawberry Slices PM: Whole Wheat Bagel Pizzas	20 AM: Build a Bear Toast PM: Quaker Quinoa Fruit and Nut Bars	21 AM: Honey Nut Cheerios PM: Ants on a Log	22 AM: Mini Rice Cakes and Clementine's PM: Miss Tina's Choice
25 AM: Snap Peas and Tomatoes PM: Fiber One Granola Bar	26 AM: Apple, Peanut Butter and Raisin Sandwiches PM: Provolone Cheese Slice on Toasted Pita	27 AM: Bananas PM: Rice Cakes with Nutella and Golden Raisins	28 AM: Blueberry Greek Yogurt PM: Carrots with French Dressing	29 AM: Sweet Potato Fries PM: Miss Tina's Choice

*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.