

January 2022 Snack Menu



A Nurturing Haven for Childhood Development

Monday		Tuesday		Wednesday		Thursday		Friday	
3	AM: Pancakes and Milk PM: Sweet Potato Crackers and String Cheese	4	AM: Kix and Milk PM: Vanilla Wafers and Strawberry Yogurt	5	AM: Rice Crispiess and Milk PM: Goldfish and Applesauce	6	AM: Bagels with Cream Cheese and Milk PM: Ritz Crackers with Cheddar Cubes and Turkey	7	AM: Cheerios with Bananas and Milk PM: Carrots and Hummus
10	AM: Cinnamon Bread and Milk PM: Animal Crackers and Fresh Fruit	11	AM: Corn Flakes and Milk PM: Bell Peppers with Hummus	12	AM: Biscuit with Jelly and Milk PM: Graham Crackers with Sunbutter	13	AM: Strawberry Rhubarb Muffins and Milk PM: Bananas and Yogurt	14	AM: Kix and Milk PM: Vanilla Wafers and Peaches
17	AM: Rice Crispiess and Milk PM: Carrots with Hummus	18	AM: Cinnamon Bread and Milk PM: Apple Slices with Sunbutter	19	AM: Rice Chex and Milk PM: Vanilla Wafers and Blueberry Yogurt	20	AM: Biscuits with Apple Butter and Milk PM: Graham crackers and Mango Smoothie	21	AM: Cereal Bar and Milk PM: Pepperoni Slices and String Cheese
24	AM: Corn Flakes and Milk PM: Apple Slices with Fruit Dip	25	AM: Biscuits with Strawberry Jam and Milk PM: Wheat Crackers and Cheese Cubes	26	AM: Blueberry Muffins and Milk PM: Goldfish and Pepperoni Slices	27	AM: Kix and Milk PM: Graham Crackers and Applesauce	28	AM: Rice Crispy and Milk PM: Cucumbers with Hummus
31	AM: Blueberry Waffles and Milk PM: Pretzels with Cheese Dip								

Water is offered with all snacks and throughout the day.