

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School Winter Break	2 No School Winter Break	3 graham crackers+ applesauce <hr/> ritz crackers+ apple slices	4 wheat thins+ carrots <hr/> graham crackers+ applesauce	5 pretzel crisps+ apple slices <hr/> goldfish■+# carrots
8 goldfish■+# cucumbers <hr/> graham crackers+ applesauce	9 ritz crackers+ apple slices <hr/> pretzel crisps+ cucumbers	10 triscuits+ oranges <hr/> wheat bagel+, carrots cream cheese	11 belvita biscuits+ bananas <hr/> goldfish■+# apple slices	12 wheat bagel+, carrots cream cheese <hr/> ritz crackers+ oranges
15 No School Martin Luther King Day	16 soft pretzels+ carrots <hr/> wheat thins+ peppers	17 wheat thins+ peppers <hr/> cheese its+■+# apple slices	18 cheese its+■+# apple slices <hr/> soft pretzels+ oranges	19 cheerios+, milk■# craisins <hr/> belvita biscuits+ bananas
22 pretzel crisps+ peppers <hr/> triscuits+ apple slices	23 triscuits+ apple slices <hr/> ritz crackers+ oranges	24 tortilla chips, salsa carrots <hr/> pretzel crisps+ peppers	25 ritz crackers+ oranges <hr/> tortilla chips, salsa carrots	26 graham crackers+ bananas <hr/> belvita biscuits+ applesauce
29 wheat thins+ apple slices <hr/> goldfish■+# cucumbers	30 wheat bagel+, carrots cream cheese <hr/> belvita biscuits+ applesauce	31 graham crackers+ bananas <hr/> wheat thins+ apple slices	1 goldfish■+# cucumbers <hr/> graham crackers+ bananas	2 belvita biscuits+ applesauce <hr/> wheat bagel+, carrots cream cheese

Key to Common Allergens:

+ wheat or gluten ■ dairy # animal-derived ingredients *egg =sesame seed

Please note the snack listed at the top of each day is the All School Snack and the bottom snack is for the Explorers.