

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
30 No School Winter Break	31 No School Winter Break	1 No School Winter Break	2 No School Winter Break	3 No School Winter Break
6 goldfish■## cucumbers <hr/> belvita biscuits+ applesauce	7 ritz crackers+ apples <hr/> wheat bagel+, carrots cream cheese■#	8 rice chex raisins <hr/> ritz crackers+ apples	9 belvita biscuits+ applesauce <hr/> goldfish■## cucumbers	10 wheat bagel+, carrots cream cheese■# <hr/> rice chex raisins
13 saltines+ cheese slices■# carrots <hr/> wheat thins+ cucumbers	14 graham crackers+ oranges <hr/> pirate booty■# apples	15 pirate booty■# apples <hr/> cheese its■## peppers	16 cheese its■## peppers <hr/> graham crackers+ oranges	17 wheat thins+ cucumbers <hr/> saltines+ cheese slices■# carrots
20 No School Martin Luther King Day	21 pretzel crisps+ oranges <hr/> ritz crackers+ cucumbers	22 tortilla chips, salsa carrots <hr/> pretzel crisps+ oranges	23 ritz crackers+ cucumbers <hr/> string cheese■# apples	24 string cheese■# apples <hr/> tortilla chips, salsa carrots
27 corn chex craisins <hr/> pretzels+ peppers	28 wheat thins+ carrots <hr/> goldfish■##+ apples	29 graham crackers+ applesauce <hr/> wheat thins+ carrots	30 goldfish■##+ apples <hr/> graham crackers+ applesauce	31 pretzels+ peppers <hr/> corn chex craisins

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 and Yellow 4K PM.