

January Healthy Snack

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
WINTER SPORTS Banana Muffin	Yogurt and Granola	Peanut Butter Crackers	English Muffins	Fritatas
10	11	12	13	14
WINTER SPORTS Muffins Apple	Nachos	Trail Mix	Peanut Butter Rice Cakes	French Toast
17	18	19	20	21
NO SCHOOL	NO SCHOOL	Cheese & Crackers	Bagels with Cream Cheese	Oatmeal with Brown Sugar and Berries
24	25	26	27	28
WINTER SPORTS Blueberry muffins	Yogurt & Granola	Pumpkin Muffins	Cheesy Bread Stcks	Pancakes Bananas