

# JANUARY 2022 CHILD CARE SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/10/2022 937 WG APPLE CINNAMON BEAR GRAHAMS 138 BLUEBERRY YOGURT	1/11/2022 988 WG CINNAMON GRAHAM CRACKERS 117 SOY BUTTER CUP or 100 WHITE MILK	1/12/2022 931 WHOLE GRAIN ANIMAL CRACKERS 134 CHERRY VANILLA YOGURT	1/13/2022 928 PEPPERIDGE FARM WG GOLDFISH PRETZELS or 939 HEARTZELS PRETZELS 753 100% ORANGE JUICE (4 OUNCE) 442 100% ORANGE JUICE (6 OUNCE)	1/14/2022 930 WG CHEEZ-IT BAKED CRACKERS 752 100% FRUIT JUICE BLEND (4 OUNCE) 444 100% FRUIT JUICE BLEND (6 OUNCE)
1/17/2022 929 WG KEEBLER CINNAMON ELF GRAHAMS 133 STRAWBERRY BANANA YOGURT  <b>Martin Luther King, Jr. Day</b>	1/18/2022 989 WHOLE GRAIN HONEY GRAHAM CRACKERS 117 SOY BUTTER CUP or 100 WHITE MILK	1/19/2022 934 WG DINO BITES GRAHAMS 136 VANILLA YOGURT	1/20/2022 938 WG SAVORY BITES WHEAT CRACKERS or 942 MULTIGRAIN SUNCHIPS 139 CHEDDAR CHEESE CUP or 546 CHEESY PIZZA HUMMUS	1/21/2022 936 WG VANILLA BEAR GRAHAMS 137 PEACH YOGURT or 100 WHITE MILK
1/24/2022 935 WG ALL SPORTS GRAHAMS 134 CHERRY VANILLA YOGURT	1/25/2022 988 WG CINNAMON GRAHAM CRACKERS 117 SOY BUTTER CUP or 100 WHITE MILK	1/26/2022 937 WG APPLE CINNAMON BEAR GRAHAMS 138 BLUEBERRY YOGURT	1/27/2022 927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 748 100% GRAPE JUICE (4 OUNCE) 441 100% GRAPE JUICE (6 OUNCE)	1/28/2022 930 WG CHEEZ-IT BAKED CRACKERS or 926 GARDEN SALSA SUNCHIPS 750 100% APPLE JUICE (4 OUNCE) 440 100% APPLE JUICE (6 OUNCE)

**MENU SUBJECT TO CHANGE**

**SERVE 4 OUNCE JUICE TO CHILDREN AGES 1 THROUGH 5. SERVE 6 OUNCE JUICE TO CHILDREN AGE 6 & OLDER.**

\*\*\*WHEN SERVING A GRAIN WITH YOGURT, HUMMUS, CHEDDAR CHEESE CUP OR SOY BUTTER CUP, YOU ARE ENCOURAGED TO SERVE WATER; NEITHER JUICE NOR MILK ARE PROVIDED FOR THESE SNACKS.\*\*\*

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

WG = WHOLE GRAIN-RICH REMINDER: Water must be OFFERED every day!

Nutritional Development Services - Archdiocese of Philadelphia, 222 N. 17th Street, Philadelphia, PA 19103 Phone: 215-895-3470