

# JANUARY 2023 CHILD CARE SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2/2023	1/3/2023	1/4/2023	1/5/2023	1/6/2023
937 WG APPLE CINNAMON BEAR GRAHAMS 133 STRAWBERRY BANANA YOGURT	989 WHOLE GRAIN HONEY GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	934 WG DINO BITES GRAHAMS 134 CHERRY VANILLA YOGURT	927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 748 100% GRAPE JUICE (4 OUNCE) 441 100% GRAPE JUICE (6 OUNCE)	930 WG CHEEZ-IT BAKED CRACKERS <i>or</i> 926 GARDEN SALSA SUNCHIPS 749 100% APPLE CHERRY JUICE (4 OUNCE) 450 100% APPLE CHERRY JUICE (6 OUNCE)
1/9/2023	1/10/2023	1/11/2023	1/12/2023	1/13/2023
935 WG ALL SPORTS GRAHAMS 138 BLUEBERRY YOGURT	988 WG CINNAMON GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	936 WG VANILLA BEAR GRAHAMS 137 PEACH YOGURT	928 PEPPERIDGE FARM WG GOLDFISH PRETZELS 753 100% ORANGE JUICE (4 OUNCE) 442 100% ORANGE JUICE (6 OUNCE)	938 WG SAVORY BITES WHEAT CRACKERS <i>or</i> 942 MULTIGRAIN SUNCHIPS 750 100% APPLE JUICE (4 OUNCE) 440 100% APPLE JUICE (6 OUNCE)
1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023
931 WHOLE GRAIN ANIMAL CRACKERS 136 VANILLA YOGURT	989 WHOLE GRAIN HONEY GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	937 WG APPLE CINNAMON BEAR GRAHAMS 133 STRAWBERRY BANANA YOGURT	927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 752 100% FRUIT JUICE BLEND (4 OUNCE) 444 100% FRUIT JUICE BLEND (6 OUNCE)	930 WG CHEEZ-IT BAKED CRACKERS <i>or</i> 939 HEARTZELS PRETZELS 749 100% APPLE CHERRY JUICE (4 OUNCE) 450 100% APPLE CHERRY JUICE (6 OUNCE)
<b>Martin Luther King, Jr. Day</b> 1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023
936 WG VANILLA BEAR GRAHAMS 137 PEACH YOGURT	988 WG CINNAMON GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	935 WG ALL SPORTS GRAHAMS 134 CHERRY VANILLA YOGURT	928 PEPPERIDGE FARM WG GOLDFISH PRETZELS 750 100% APPLE JUICE (4 OUNCE) 440 100% APPLE JUICE (6 OUNCE)	938 WG SAVORY BITES WHEAT CRACKERS <i>or</i> 924 HARVEST CHEDDAR SUNCHIPS 753 100% ORANGE JUICE (4 OUNCE) 442 100% ORANGE JUICE (6 OUNCE)
1/30/2023	1/31/2023	2/1/2023	2/2/2023	2/3/2023
934 WG DINO BITES GRAHAMS 136 VANILLA YOGURT	989 WHOLE GRAIN HONEY GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	937 WG APPLE CINNAMON BEAR GRAHAMS 138 BLUEBERRY YOGURT	927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 748 100% GRAPE JUICE (4 OUNCE) 441 100% GRAPE JUICE (6 OUNCE)	930 WG CHEEZ-IT BAKED CRACKERS <i>or</i> 926 GARDEN SALSA SUNCHIPS 752 100% FRUIT JUICE BLEND (4 OUNCE) 444 100% FRUIT JUICE BLEND (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 OR A 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!

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