



## Snack

January 2016

Did you know—If you see it in **green**, it's **local** and if you see it in **blue**, it has **international influence**!

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Turkey and Cheese Slider on Whole Grain Roll	Whole Grain Strawberry Bar <b>Fresh Local Apple</b>	Fresh Broccoli Florets w/ Light Dressing  String Cheese	Whole Grain Blueberry Muffin  100% Orange Juice	Whole Grain Graham Crackers  Low Fat Yogurt
Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Whole Grain Pretzel Sticks  String Cheese	Whole Grain Golden Grahams Cereal Bowl  <b>1% Milk</b>	Whole Grain Cheddar Goldfish Crackers  100% Orange Juice	Fresh Baby Carrots w/ Light Dressing  Hummus	Whole Grain Graham Crackers  <b>Fresh Local Apple</b>
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
<b>MLK Day</b>  <b>School Closed</b>	Whole Grain Strawberry Bar  <b>1% Milk</b>	Turkey and Cheese Slider on Whole Grain Roll	Whole Grain Blueberry Muffin  100% Apple Juice	Fresh Cucumber Coins w/ Light Dressing  Whole Grain Pretzel Sticks
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Whole Grain Graham Crackers  Low Fat Yogurt	Whole Grain Cinnamon Apple Muffin  <b>Fresh Local Apple</b>	Fresh Baby Carrots w/ Light Dressing  Whole Grain Cheddar Goldfish Crackers	Whole Grain Pretzel Sticks  String Cheese	Whole Grain Cinnamon Toast Crunch Cereal Bowl  <b>1% Milk</b>