

# January

Snacks are served with 4 oz. milk or 4 oz. 100% juice, and water is always available.  
 2 oz. portions of yogurt are served in combination with other food servings. Two or more servings of dairy or grain-rich foods or protein or fruits or vegetables are served with snacks each day.

## 2021

| Sunday | Monday                            | Tuesday                                       | Wednesday                                     | Thursday                               | Friday                                | Saturday |
|--------|-----------------------------------|---|---|--|---------------------------------------|----------|
|        |                                   |   |   |  | 1                                     | 2        |
| 3      | 4<br>AM cheezits<br>PM chips      | 5<br>AM ritz p'nut butter<br>PM cheerios      | 6<br>AM yogurt ritz<br>PM cheezits            | 7<br>AM cheerios milk<br>PM chips      | 8<br>AM cheezits juice<br>PM pretzels | 9        |
| 10     | 11<br>AM grahams milk<br>PM chips | 12<br>AM cheerios milk<br>PM saltines         | 13<br>AM pretzels p'nut butter<br>PM cheerios | 14<br>AM cheese saltines<br>PM grahams | 15<br>AM chips salsa<br>PM pretzels   | 16       |
| 17     | 18<br>CLOSED- MLK holiday         | 19<br>AM cheezits juice<br>PM pretzels        | 20<br>AM yogurt ritz<br>PM chips              | 21<br>AM grahams milk<br>PM saltines   | 22<br>AM pretzels juice<br>PM ritz    | 23       |
| 24     | 25<br>AM ritz cheese<br>PM chips  | 26<br>AM pretzels p'nut butter<br>PM cheerios | 27<br>AM cheezits juice<br>PM pretzels        | 28<br>AM grahams milk<br>PM chips      | 29<br>AM chips salsa<br>PM pretzels   | 30       |
| 31     |                                   |   |   |  |                                       |          |