

# February

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.

## 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 AM Yogurt/ritz PM Cheerios	4 AM Cheese/saltines PM Ritz	5 AM Cheerios/milk PM Pretzels	6 AM Grahams/milk PM chips	7 AM Pretzels/p'nut butter PM cheezits	8
9	10 AM grahams/milk PM ritz	11 AM fruit/saltines PM Cheerios	12 AM cheezits/juice PM pretzels	13 AM chips/salsa PM grahams	14 VALENTINES DAY AM Valentines Party PM saltines	15
16	17 AM pretzels/p'nut butter PM cheerios	18 AM yogurt/saltines PM chips	19 AM Cheezits/juice PM ritz	20 AM grahams/milk PM pretzels	21 AM Cheerios/milk PM saltines	22
23	24 AM cheese/saltines PM grahams	25 AM pretzels/p'nut butter PM ritz	26 AM cheerios/milk PM chips	27 AM fruit/saltines PM cheezits	28 AM Chips/salsa cheerios	29