

# January 2018

## Pre-School AM/PM Snack

### Snack



**Daily Choices Include**  
1% White Milk or Non-Fat Milk  
Pizza, Yogurt Meal



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

**Winter Break**

Cheez-it Cracker  
Whole Apple

8

Cheerios Cereal  
Milk

9

Sun Chips  
Fresh Fruit

10

WG Zucchini Carrot  
Muffin  
Milk

11

Cookie Bites  
Cheese Stick

12

Martin Luther King  
Day Observed

15

Savory Wheat Bites  
Banana

16

Rice Krispies Cereal  
Milk

17

Belly Bears  
4 oz. Yogurt

18

Apple Cinnamon  
Muffin  
Milk

19

Cheez-it Cracker  
Whole Apple

22

Cheerios Cereal  
Milk

23

Sun Chips  
Fresh Fruit

24

WG Zucchini Carrot  
Muffin  
Milk

25

Non Student  
Day

26

Star Corn Muffin  
Fresh Fruit

29

Savory Wheat Bites  
Banana

30

Rice Krispies Cereal  
Milk

31

