

Head Start and After School Snack Menu

January 2020

3

Banana Muffin
Milk

4

Jungle Crackers
String Cheese

5

Benefit Bar
Milk

6

Goldfish Grahams
Yogurt

7

No School

10

Animal Crackers
Milk

11

Fruit Bar
String Cheese

12

Scooby Doo Graham
Crackers
Yogurt

13

Goldfish Pretzels
String Cheese

14

Graham Crackers
Cheese Cubes

17

Scooby Doo Graham
Crackers
Milk

18

Craisins
String Cheese

19

Animal Crackers
Banana

20

Heartzels
String Cheese

21

Scooby Doo Graham
Crackers
Yogurt

24

No School
Martin Luther King
Day

25

Goldfish Pretzels
Yogurt

26

Fruit Bar
Craisins

27

Apple Muffin
Milk

28

Crackers
Cheese Cubes

2

Goldfish Crackers
Milk

3

Yogurt
Animal Crackers

4

Apple Muffin
Milk

5

Apple
Cheese Cubes

6

Fruit Bar
Craisins

Make sure to get plenty of rest each night!

Healthy snacks are a great way to boost energy!