

Head Start and After School Snack Menu

January 2020

Winter Break

2

Goldfish Grahams
Yogurt

3

Apple
String Cheese

6

Animal Crackers
Milk

7

Fruit Bar
String Cheese

8

Scooby Doo Graham
Crackers
Yogurt

9

Goldfish Pretzels
String Cheese

10

Graham Crackers
Cheese Cubes

13

Scooby Doo Graham
Crackers
Milk

14

Craisins
String Cheese

15

Animal Crackers
Banana

16

Heartzels
String Cheese

17

Half Day Release

20

No School
Martin Luther King
Day

21

Goldfish Pretzels
Yogurt

22

Fruit Bar
Craisins

23

Apple Muffin
Milk

24

Crackers
Cheese Cubes

27

Goldfish Crackers
Milk

28

Yogurt
Animal Crackers

29

Apple Muffin
Milk

30

Apple
Cheese Cubes

31

Fruit Bar
Craisins

Make sure to get plenty of rest each night!

Healthy snacks are a great way to boost energy!