



* January Supper/Snack Menu 2021 *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	5) NACHOS WG (2oz) CHEESE (1oz) SUN FLOWER SEEDS(1oz) APPLE (1/2 Cup)	6) MUFFINS WG (3oz) YOGURT (4oz) STRING CHEESE(1oz) JUICE (1/2 Cup)	7) ZUCCHINI BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	8) PB&J WG (2.6 oz) YOGURT (4oz) JUICE (4oz)
	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER
11) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	12) PRETZEL WG (2oz) CHEESE STICK(1oz) SUN FLOWER SEEDS(1oz) APPLE (1/2 Cup)	13) MUFFINS WG (3oz) YOGURT (4oz) STRING CHEESE(1oz) JUICE (1/2 Cup)	15) TURKEY SANDWICH (Whole Sandwich) FRUIT CUP (1/2 Cup)	NO SERRF 
WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER	
 Martin Luther King Jr. Day	18) NACHOS WG (2oz) CHEESE (1oz) SUN FLOWER SEEDS(1oz) APPLE (1/2 Cup)	19) MUFFINS WG (3oz) YOGURT (4oz) STRING CHEESE(1oz) JUICE (1/2 Cup)	20) BANANAI BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	21) PB&J WG (2.6 oz) YOGURT (4oz) JUICE (4oz)
	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER
25) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	26) PRETZEL WG (2oz) CHEESE STICK(1oz) SUN FLOWER SEEDS(1oz) APPLE (1/2 Cup)	27) BUTTER MILK BAR WG (3oz) YOGURT (4oz) STRING CHEESE(1oz) JUICE (1/2 Cup)	28) TURKEY SANDWICH (Whole Sandwich) FRUIT CUP (1/2 Cup)	29) PB&J WG (2.6 oz) YOGURT (4oz) JUICE (4oz)
WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER	WHOLE GRAIN CRACKER

