January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	Winter Break - No School	Staff Development - No School	Broccoli, cheese & whole grain crackers or rice cakes	Bananas, yogurt & graham crackers or rice cakes	Mandarin Oranges & popcorn	
7	8	9	10	11	12	13
	Apples & Pretzels or Rice Cakes	Cucumbers, hummus & tortilla chips or rice cakes	Olives, cheese & whole grain crackers or rice cakes	Grapes, yogurt & graham crackers or rice cakes	Edamame and Popcorn	
14	15	16	17	18	19	20
	MLK Day - No School	Carrots, hummus & tortilla chips or rice cakes	Broccoli, cheese & whole grain crackers or rice cakes	Bananas, yogurt & graham crackers or rice cakes	Mandarin Oranges & popcorn	
21	22	23	24	25	26	27
	Apples & Pretzels or Rice Cakes	Cucumbers, hummus & tortilla chips or rice cakes	Olives, cheese & whole grain crackers or rice cakes	Grapes, yogurt & graham crackers or rice cakes	Edamame and Popcorn	
28	29	30	31	1	2	3
	Grapes & Pretzels or Rice Cakes	Carrots, hummus & tortilla chips or rice cakes	Broccoli, cheese & whole grain crackers or rice cakes	Bananas, yogurt & graham crackers or rice cakes	Mandarin Oranges & popcorn	

Alternatives will be provided to those with allergies