



January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	4 Fruit and water	5 Cereal and milk	6 Oatmeal cookie and milk	7 Cheese and Crackers and water	8 Cereal bar and milk
PM Snack	Pretzels and water	Ritz and water	Chex mix and water	Teddy grahams and milk	Pudding and water
AM Snack	11 Cereal and milk	12 Rice cakes and milk	13 Cereal bar and milk	14 Yogurt and water	15 Graham crackers and milk
PM Snack	Ranch crackers and water	Applesauce and water	Vanilla Grahams and Water	Animal crackers and milk	Goldfish and water
AM Snack	18 Fruit and water	19 Cereal and milk	20 Oatmeal cookie and milk	21 Cheese and Crackers and water	22 Cereal bar and Milk
PM Snack	Pretzels and water	Ritz and water	Chex mix and water	Teddy grahams and milk	Pudding and Water
AM Snack	25 Cereal and milk	26 Rice cakes and milk	27 Cereal bar and milk	28 Yogurt and water	29 Graham Crackers and Milk
PM Snack	Ranch crackers and water	Applesauce and water	Vanilla Grahams and Water	Animal crackers and milk	Goldfish and Water