



JANUARY 2022 SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheez-It Crackers 100% Fruit Juice	4 Scooby Doo Grahams 100% Fruit Juice	5  Doritos 100% Fruit Juice	6 Strawberry Nutrigrain Bar Cheese Stick	7 Cinnamon Belly Bear Grahams 100% Fruit Juice
10 Blueberry Muffin 100% Fruit Juice	11 Baked Cheetos 100% Fruit Juice	12 Goldfish Pretzels String Cheese	13 Mini Benefit Bar 100% Fruit Juice	14 Strawberry Banana Yogurt  Cinnamon Bug Bite Grahams
17 MARTIN LUTHER KING JR. DAY 	18 Scooby Doo Grahams 100% Fruit Juice	19 Vanilla Yogurt Animal Crackers	20 Cheddar Goldfish Crackers Cheese Stick	21 Doritos 100% Fruit Juice
24 Churro Crunchers 100% Fruit Juice	25 Cheez-It Crackers 100% Fruit Juice	26 Apple Cinnamon Nutrigrain Bar Cheese Stick	27 Vanilla Goldfish Grahams 100% Fruit Juice	28 Munchies Snack Mix 100% Fruit Juice
31 Chocolate Muffin 100% Fruit Juice	CHALLENGE OF THE MONTH: CABBAGE COLOR KIT DIRECTIONS: Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes. <i>*DO NOT attempt to cook or chop without adult supervision.</i>			MATERIALS: White clothes to dye 1 large pot 1 strainer 2 cups of chopped red cabbage 5 cups of water Choose one or the other: 2 tablespoons of apple cider vinegar for purple OR 1 teaspoon of baking soda for blue 

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
 - Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
 - Nutrition and allergen information available at www.FSPro.com
 - Menu items do not contain pork
 - + Item does not contain meat
- *Menu Subject to Change*

This institution is an equal opportunity provider.

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