

Snack Calendar - January

<i>Monday 4</i>	<i>Tuesday 5</i>	<i>Wednesday 6</i>	<i>Thursday 7</i>	<i>Friday 8</i>
Tomatoes Shredded carrots Mini Babybel cheese	Sugar snap peas Broccoli florets Hummus or Greek yogurt ranch dip	Blueberries, watermelon Sliced cheddar cheese	1/2 gallon fat-free or low fat milk Mini bagels Sunbutter**	Yogurt tubes* Oranges, grapes (grapes should be cut in half lengthwise or quartered)
<i>Monday 11</i>	<i>Tuesday 12</i>	<i>Wednesday 13</i>	<i>Thursday 14</i>	<i>Friday 15</i>
1/2 gallon fat-free or low fat milk 100% whole-grain bread Sunbutter**	Bananas, watermelon String cheese	Yogurt tubes* Strawberries, grapes (grapes should be cut in half lengthwise or quartered)	Cucumber Shredded carrots Hummus or Greek yogurt ranch dip	Watermelon, cantelope Sliced Cheddar cheese
<i>Monday 18</i>	<i>Tuesday 19</i>	<i>Wednesday 20</i>	<i>Thursday 21</i>	<i>Friday 22</i>
Grapes, watermelon Dannon smoothie	Sliced apples Sunbutter** 1/2 gallon fat-free or lowfat milk	Bananas, cantalope Strawberry yogurt	Mandarin oranges*** Mini Babybel cheese	Broccoli florets Shredded carrots Hummus or Greek yogurt ranch dip
<i>Monday 25</i>	<i>Tuesday 26</i>	<i>Wednesday 27</i>	<i>Thursday 28</i>	<i>Friday 29</i>
1/2 gallon fat-free or low fat milk Whole-grain crackers Sunbutter**	Bananas, mango, pineapple String cheese	Tomatoes, peppers Hummus or Greek yogurt ranch dip	Guacamole Shredded carrots Whole-grain crackers	Yogurt tubes* Pineapple, bananas

Milk is offered daily.

Additional options/substitutions

- Seasonal Winter fruits: kiwi, bagged apple slices, pomegranate arils/seeds
- Applesauce cups with no added or artificial sugar
- Fully cooked shelled edamame (some store sushi bars have)

Notes

- * Like Siggis or Chobani (brands that are naturally lower in added sugar), or Go-gurt brand
- **Sunbutter is a brand of sunflower seed butter that is peanut- and nut-free (if you can't find Sunbutter or similar, get light cream cheese)
- ***Fresh mandarin oranges like Cuties or Halos, or jarred mandarins in 100% juice

Menu created by Chef Michelle Dudash, RDN. More info: www.michelledudash.com