

# January 2022 Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	3 Chewy Granola Bar Juice	4 Sliced Cheese Saltines	5 Banana Wheat Thins	6 Nutri Grain Bar Juice	7 Pepperoni Ritz
Afternoon	Vanilla Wafer Peanut Butter	Veggie Straws Juice	Lance Peanut Butter Crackers/Juice	Goldfish String cheese	WC Cheez Its Juice
Morning	10 Turkey Crackers	11 Pop Tart Juice	12 Granola Bar Juice	13 Gogurt Graham Crackers	14 Ham Crackers
Afternoon	Chex Mix Juice	Apples Pretzels	Lance Cheese Crackers	Pecan Spins Juice	Nekot PB Cookies Juice
Morning	17 Chewy Granola Bar Juice	18 Sliced Cheese Saltines	19 Nutri Grain Bar Juice	20 Pepperoni Ritz	21 Turkey Crackers
Afternoon	Vanilla Wafers Peanut Butter	WC Cheese Its Juice	Goldfish Gogurt	Lance Cheese Crackers Juice	Chex Mix Juice
Morning	24 Ham Crackers	25 Banana Wheat Thins	26 Muffins Juice	27 Granola Bar Juice	28 Graham Crackers Juice
Afternoon	Veggie Straws Juice	Chex Mix Juice	Cinnamon Graham String Cheese	WC Cheez Its Gogurt	Lance PB Crackers
Morning	31 Sliced Cheese Saltines				
Afternoon	Cheez Its Juice				

\*Water or 100% Fruit Juice is served with each snack. Menu subject to change based on product availability.

Heritage Child Development Center

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