




Afterschool Snack Menu for All Schools (K-12)

January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>3</p> <p>Baked Tostitos Scoops w/ Salsa Cup</p> <p>100% Orange Juice (6 oz)</p>	<p>4</p> <p>Whole Wheat Bagel w/ Cream Cheese</p> <p>100% Apple Juice (6 oz)</p>	<p>5</p> <p>Whole Grain Multigrain Cheerios Cereal</p> <p>Fresh Banana 1% Milk</p>	<p>6</p> <p>Whole Grain Apple Cinnamon Muffin</p> <p>100% Apple Juice (6 oz)</p>
<p>9</p> <p>Whole Wheat Bagel w/ Cream Cheese</p> <p>100% Apple Juice (6 oz)</p>	<p>10</p> <p>Whole Grain Goldfish Crackers w/ String Cheese</p> <p>100% Orange Juice (6 oz)</p>	<p>11</p> <p>Whole Grain Blueberry Muffin</p> <p>100% Apple Juice (6 oz)</p>	<p>12</p> <p>All Natural Yogurt Cup Wheatsworth Crackers</p> <p>100% Orange Juice (6 oz)</p>	<p>13</p> <p>Whole Grain Strawberry Zac Omega Bar</p> <p>100% Apple Juice (6 oz)</p>
<p>16</p> <p>Martin Luther King</p>	<p>17</p> <p>Baked Tostitos Scoops w/ Salsa Cup</p> <p>100% Orange Juice (6 oz)</p>	<p>18</p> <p>Whole Grain Reduced Sugar Cinnamon Toast Crunch Cereal</p> <p>Fresh Apple 1% Milk</p>	<p>19</p> <p>Whole Wheat Bagel w/ Cream Cheese</p> <p>100% Apple Juice (6 oz)</p>	<p>20</p> <p>Early Dismissal</p>
<p>23</p> <p>Whole Wheat Bagel w/ Cream Cheese</p> <p>100% Apple Juice (6 oz)</p>	<p>24</p> <p>Whole Grain Goldfish Crackers w/ String Cheese</p> <p>100% Orange Juice (6 oz)</p>	<p>25</p> <p>Whole Grain Blueberry Muffin</p> <p>100% Apple Juice (6 oz)</p>	<p>26</p> <p>All Natural Yogurt Cup Wheatsworth Crackers</p> <p>100% Orange Juice (6 oz)</p>	<p>27</p> <p>Whole Grain Apple Cinnamon Breakfast Bar</p> <p>100% Apple Juice (6 oz)</p>
<p>30</p> <p>Baked Tostitos Scoops w/ Salsa Cup</p> <p>100% Orange Juice (6 oz)</p>	<p>31</p> <p>Whole Wheat Bagel w/ Cream Cheese</p> <p>100% Apple Juice (6 oz)</p>	<p>Exercise is important to stay healthy and happy at any time of the year. Try these fun indoor activities to keep moving when it's cold outside:</p> <ul style="list-style-type: none"> • Turn on some music and step, hop, or dance to it • Act out sport movements such as batting or dunking – everyone is skillful without the equipment! • Play “fitness with the leader”- like Simon Says but with exercises • Play “keep the balloon up!” – use 1-2 balloons for a small group of kids 		