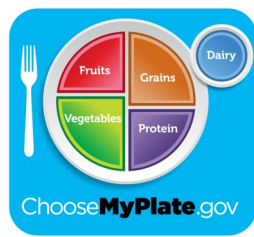


# January 2019 Breakfast and Snack Menu

	Tuesday	Wednesday	Thursday	Friday
AM Breakfast:	8 Life Cereal Orange Juice	9 Cheese and Crackers Mandarin Oranges	10 Yogurt Peach Parfait w/ WGR Oat Topping	11 WGR Blueberry Muffin Bananas
PM Snack:	Snack Mix (Cheerios, Kix, Pretzels, Fish Crackers) Applesauce	Cheese and Crackers Mandarin Oranges	Yogurt Peach Parfait w/ WGR Oat Topping	WGR Blueberry Muffin Bananas
	15 Bran Flakes Apple Juice	16 WGR English Muffin w/ Honey Butter Pineapple Tidbits	17 Deluxe Snack Mix (WGR Cereal, Crackers Dried Fruit) Kiwi	18 WGR Bagels w/ Cream Cheese Applesauce
	Celery Sticks w/ Sun Butter Orange Slices	WGR English Muffin w/ Honey Butter Tropical Fruit	Deluxe Snack Mix (WGR Cereal, Crackers, Dried Fruit) Kiwi	WGR Bagel w/ Cream Cheese Applesauce
	22 Kix Cereal Orange Juice	23 WGR Banana Bites Mixed Melon	24 Cottage Cheese Peaches	25 WGR Zucchini Bread Bananas
	WGR Bagel w/ Whipped Cream Cheese Yogurt	WGR Banana Bites Mixed Melon	Cottage Cheese Peaches	WGR Zucchini Bread Bananas
	29 Cheerios Pineapple Juice	30 WGR English Muffin Honey butter Pears	31 Yogurt Berry Parfait w/ WGR Oat Topping	
	WGR Soft Pretzel Tropical Fruit	WGR English Muffin Honey Butter Pears	Yogurt Berry Parfait w/ WGR Oat Topping	

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains.  
 "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.



## Kitchen Helpers!

The best way to teach your child about healthy eating is to cook and eat together!

Bring your small child into the kitchen with you. Remember: safety first! Keep young children away from hot stoves, sharp knives and electric appliances.

Children who help choose, wash and cook new foods are more likely to try them. Don't forget to praise your child often and tell him how proud you are of his hard work! Have fun!!!

## Let Your Child Help You:

- Wash fruits and vegetables!
- Tear lettuce into small pieces for

Mash potatoes, squash, or root vegetables!



Peel fruits and hard boiled eggs!

Stir batter in a bowl!