

**EZ Meals – Afterschool
January 2022**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>1/3</u> 100% Juice (6oz) WG Cheddar Goldfish OR WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)</p>	<p><u>1/4</u> Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Potato Roll (2oz)</p>	<p><u>1/5</u> Cheese Stick (1oz) WG Fruit Muffin (2oz)</p>	<p><u>1/6</u> Fresh Apple (1cup/ea) WG Cheddar Cheezitz OR WG Crackers (1oz)</p>	<p><u>1/7</u> 100% Juice (6oz) OR Cheese Stick (1oz) WG Animal Crackers (1oz)</p>
<p><u>1/10</u> 100% Juice (6oz) WG Cheddar Goldfish OR WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)</p>	<p><u>1/11</u> Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Potato Roll (2oz)</p>	<p><u>1/12</u> Cheese Stick (1oz) WG Fruit Muffin (2oz)</p>	<p><u>1/13</u> Fresh Apple (1cup/ea) WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)</p>	<p><u>1/14</u> 100% Juice (6oz) OR Cheese Stick (1oz) WG Animal Crackers (1oz)</p>
<p><u>1/17</u> 100% Juice (6oz) OR Fresh Apple WG Honey Grahams (1oz)</p>	<p><u>1/18</u> Sunflower Butter (2tbls) Fruit Jelly (.5oz) WG Brioche Roll (2oz)</p>	<p><u>1/20</u> Cheese Stick (1oz) WG Fruit Muffin (2oz)</p>	<p><u>1/21</u> Fresh Apple (cup/1ea) WG Cheez Itz Crackers OR WG Crackers (1oz)</p>	<p><u>1/22</u> 100% Juice (6oz) OR Cheese Stick (1oz) WG Assorted Crackers 1oz</p>
<p><u>1/25</u> 100% Juice (6oz) WG Cheddar Goldfish OR WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)</p>	<p><u>1/26</u> Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Brioche Roll (2oz)</p>	<p><u>1/27</u> Cheese Stick (1oz) WG Fruit Muffin (2oz)</p>	<p><u>1/28</u> Fresh Apple (1cup/ea) WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)</p>	<p><u>1/29</u> 100% Juice (6oz) OR Cheese Stick (1oz) WG Honey Grahams (1oz)</p>
<p><u>1/31</u> 100% Juice (6oz) WG Cheddar Goldfish OR WG Pretzels (.75oz pkg = 1oz) OR WG Crackers (1oz)</p>	<p><u>2/1</u> Sunflower Butter (2tbls) Fruit Jelly (.5oz) WW Potato Roll (2oz)</p>	<p><u>2/2</u> Cheese Stick (1oz) WG Fruit Muffin (2oz)</p>	<p><u>2/3</u> Fresh Apple (1cup/ea) WG Cheddar Cheezitz OR WG Crackers (1oz)</p>	<p><u>2/4</u> 100% Juice (6oz) OR Cheese Stick (1oz) WG Animal Crackers (1oz)</p>

