



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1/3</b> Yogurt (4oz) <i>less than 23g of sugar</i> WG Corn <b>OR</b> Banana Muffin/Bread (1.2oz)	<b>1/4</b> 100% Fruit Juice (6oz) WG Pretzels <b>OR</b> WG Animal/Graham Crackers (1oz)	<b>1/5</b> Fresh Medium Apple (3/4c) WG Tortilla Chips (1oz)	<b>1/6</b> 100% Fruit Juice (6oz) WG Rich Fruit Muffin (2oz)	<b>1/7</b> Fresh Medium Apple (3/4c) WG Cheese Cracker <b>OR</b> WG Honey Grahams (1oz)
<b>1/10</b> Yogurt (4oz) <i>less than 23g of sugar</i> WG Animal Crackers (1oz)	<b>1/11</b> 100% Fruit Juice (6oz) WG Corn <b>OR</b> Banana Muffin/Bread (1.2oz)	<b>1/12</b> Fresh Medium Apple (3/4c) WG Cheese Crackers <b>OR</b> WG Honey Grahams (1oz)	<b>1/13</b> 100% Fruit Juice (6oz) WG Rich Fruit Muffin (2oz)	<b>1/14</b> Fresh Medium Apple (3/4c) WG Pretzels <b>OR</b> WG Animal/Graham Crackers (1oz)
<b>1/17</b> Yogurt (4oz) <i>less than 23g of sugar</i> WG Corn <b>OR</b> Banana Muffin/Bread (1.2oz)	<b>1/18</b> 100% Fruit Juice (6oz) WG Pretzels <b>OR</b> WG Animal/Graham Crackers (1oz)	<b>1/19</b> Fresh Medium Apple (3/4c) WG Tortilla Chips (1oz)	<b>1/20</b> 100% Fruit Juice (6oz) WG Rich Fruit Muffin (2oz)	<b>1/21</b> Fresh Medium Apple (3/4c) WG Cheese Cracker <b>OR</b> WG Honey Grahams (1oz)
<b>1/24</b> Yogurt (4oz) <i>less than 23g of sugar</i> WG Animal Crackers (1oz)	<b>1/25</b> 100% Fruit Juice (6oz) WG Corn <b>OR</b> Banana Muffin/Bread (1.2oz)	<b>1/26</b> Fresh Medium Apple (3/4c) WG Cheese Crackers <b>OR</b> WG Honey Grahams (1oz)	<b>1/27</b> 100% Fruit Juice (6oz) WG Rich Fruit Muffin (2oz)	<b>1/28</b> Fresh Medium Apple (3/4c) WG Pretzels <b>OR</b> WG Animal/Graham Crackers (1oz)
<b>1/31</b> Yogurt (4oz) <i>less than 23g of sugar</i> WG Corn <b>OR</b> Banana Muffin/Bread (1.2oz)	<b>2/1</b> 100% Fruit Juice (6oz) WG Pretzels <b>OR</b> WG Animal/Graham Crackers (1oz)	<b>2/2</b> Fresh Medium Apple (3/4c) WG Tortilla Chips (1oz)	<b>2/3</b> 100% Fruit Juice (6oz) WG Rich Fruit Muffin (2oz)	<b>2/4</b> Fresh Medium Apple (3/4c) WG Cheese Cracker <b>OR</b> WG Honey Grahams (1oz)