



| <b>MONDAY</b>   | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
|---|---|--|---|--|
| <b><u>1/3</u></b><br>Yogurt (4oz)<br>Fruit Cocktail (3/4c)  | <b><u>1/4</u></b><br>Milk (8oz)<br>Blueberry Muffin (2oz)                               | <b><u>1/5</u></b><br>Peaches (3/4c)<br>WG Cheese Crackers<br>(1oz)                                   | <b><u>1/6</u></b><br>Sliced Turkey (1.5oz)<br>100% WG Bread (slice)<br>Mayo & Mustard | <b><u>1/7</u></b><br>Fresh Orange Wedges<br>(3/4c)<br>WG Animal Crackers<br>(1oz)                            |
| <b><u>1/10</u></b><br>Milk (8oz)<br>WG Cuban Crackers<br>(1oz)  | <b><u>1/11</u></b><br>100% Orange Juice (3/4c)<br>WG Corn Muffin (1oz)                  | <b><u>1/12</u></b><br>Soynut Butter (2tbls)<br>Fresh Apple Slices (3/4c)                             | <b><u>1/13</u></b><br>Yogurt (4oz)<br>WG Graham Crackers (1oz)                        | <b><u>1/14</u></b><br>Applesauce (3/4c)<br>WG Crackers (1oz)   |
| <b><u>1/17</u></b><br>Yogurt (4oz)<br>WG Graham Crackers<br>(1oz)                                       | <b><u>1/18</u></b><br>Provolone Cheese Slice<br>(1oz)<br>100% WW Tortilla<br>Milk (8oz) | <b><u>1/19</u></b><br>Sliced Turkey (1.5oz)<br>100% Grape Juice (3/4c)<br>WG Assorted Crackers (1oz) | <b><u>1/20</u></b><br>Milk (8oz)<br>WG Animal Crackers (1oz)                          | <b><u>1/21</u></b><br>Cheese Stick (1oz)<br>Fresh Orange Slices (3/4c)                                       |
| <b><u>1/24</u></b><br>Milk (8oz)<br>Sliced Turkey (1.5oz)<br>WG Crackers (1oz)                          | <b><u>1/25</u></b><br>Cheddar Cheese Slice (1oz)<br>100% WG Bread (slice)               | <b><u>1/26</u></b><br>Milk (8oz)<br>Fresh Orange Wedges<br>(3/4c)                                    | <b><u>1/27</u></b><br>Fresh Apple Slices (3/4c)<br>WG Cheese Crackers (1oz)           | <b><u>1/28</u></b><br>Yogurt Dip<br>(2oz vanilla yogurt with<br>drained peaches)<br>WG Graham Crackers (1oz) |
| <b><u>1/31</u></b><br>Sliced Turkey (1.5oz)<br>100% Orange Juice (3/4c)<br>WG Saltine Crackers<br>(1oz) | <b><u>2/1</u></b><br>Fresh Apple Slices (3/4c)<br>WG Cheese Crackers (1oz)              | <b><u>2/2</u></b><br>Milk (8oz)<br>WG Animal Crackers<br>(1oz)                                       | <b><u>2/3</u></b><br>Cheese Stick (1oz)<br>Applesauce (3/4c)                          | <b><u>2/4</u></b><br>Yogurt (4oz)<br>WG Graham Crackers<br>(1oz)   |