

JLOG 2019 Snack Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	WGR = whole grain rich LS = limited sugar				1 Wheat Thins crackers (WGR, LS) Apple juice
PM					Corn Chex cereal (WGR,LS) Apple juice
AM	4 Teddy Grahams (WGR,LS) Apple juice	5 Mini-Wheat Cereal (WGR, LS) Apple juice	6 Cheerios (WGR, LS) & Raisins Apple juice	7 Whole grain Goldfish (WGR, LS) Apple juice	8 Kix cereal (WGR, LS) Apple juice
PM	Multi-grain Cheerios (WGR, LS) Apple juice	Sun Chips (WGR,LS) Apple juice	Cheez-it crackers (WGR, LS) Apple juice	Honey-nut Cheerios (WGR) Apple juice	Whole-grain saltines (WGR,LS) Apple juice
AM	11 Oatmeal Squares (WGR,LS) Apple juice	12 Cheez-it crackers (WGR, LS) Apple juice	13 Honey-nut Cheerios (WGR) Apple juice	14 Kix cereal (WGR, LS) Apple juice	15 Teddy Grahams (WGR,LS) Apple juice
PM	Sun Chips (WGR,LS) Apple juice	Kix cereal (WGR, LS) Apple juice	Wheat Thin crackers (WGR, LS) Apple juice	Triscuits (WGR, LS) Apple juice	Cheerios (WGR, LS) & Raisins Apple juice
AM	18 Whole-grain saltines (WGR,LS) Apple juice	19 Mini-Wheat Cereal (WGR, LS) Apple juice	20 Corn Chex cereal (WGR,LS) Apple juice	21 Whole grain Goldfish (WGR, LS) Apple juice	22 Multi-grain Cheerios (WGR, LS) Apple juice
PM	Oatmeal Squares (WGR,LS) Apple juice	Wheat Thin crackers (WGR, LS) Apple juice	Teddy Grahams (WGR,LS) Apple juice	Honey-nut Cheerios (WGR) Apple juice	Cheerios (WGR, LS) & Raisins Apple juice
AM	25 Kix cereal (WGR, LS) Apple juice	26 Whole grain Goldfish (WGR, LS) Apple juice	27 Honey-nut Cheerios (WGR) Apple juice	28 Oatmeal Squares (WGR,LS) Apple juice	29 Closed
PM	Whole-grain saltines (WGR,LS) Apple juice	Teddy Grahams (WGR,LS) Apple juice	Wheat Thins crackers (WGR, LS) Apple juice	Whole grain Goldfish (WGR, LS) Apple juice	