



January 2019 Snack Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
AM	WGR = whole grain rich LS = limited sugar	1	2 Whole grain Goldfish (WGR, LS) Apple juice	3 Whole grain saltines (WGR, LS) Apple juice	4 Wheat Thins crackers (WGR, LS) Apple juice
PM			Kix cereal (WGR, LS) Apple juice	Honey-nut Cheerios (WGR) Apple juice	Corn Chex cereal (WGR,LS) Apple juice
AM	7 Triscuits (WGR, LS) Apple juice	8 Life cereal (WGR, LS) Apple juice	9 Wheat Thin crackers (WGR, LS) Apple juice	10 Whole grain Goldfish (WGR, LS) Apple juice	11 Kix cereal (WGR, LS) Apple juice
PM	Teddy Grahams (WGR,LS) Apple juice	Cheez-it crackers (WGR, LS) Apple juice	Cheerios (WGR, LS) & Craisins Apple juice	Mini-wheat cereal (WGR, LS) Apple juice	Wheat Thins crackers (WGR, LS) Apple juice
AM	14 Triscuits (WGR, LS) Apple juice	15 Corn Chex cereal (WGR,LS) Apple juice	16 Honey-nut Cheerios (WGR) Apple juice	17 Whole grain Goldfish (WGR, LS) Apple juice	18 Kix cereal (WGR, LS) Apple juice
PM	Cheez-it crackers (WGR, LS) Apple juice	Kix cereal (WGR, LS) Apple juice	Wheat Thin crackers (WGR, LS) Apple juice	Honey-nut Cheerios (WGR) Apple juice	Corn Chex cereal (WGR,LS) Apple juice
AM	21 Whole grain Goldfish (WGR, LS) Apple juice	22 Cheerios (WGR, LS) & Raisins Apple juice	23 Corn Chex cereal (WGR,LS) Apple juice	24 Wheat Thin crackers (WGR, LS) Apple juice	25 Cheerios (WGR, LS) & Craisins Apple juice
PM	Life cereal (WGR, LS) Apple juice	Wheat Thin crackers (WGR, LS) Apple juice	Honey-nut Cheerios (WGR) Apple juice	Triscuits (WGR, LS) Apple juice	Whole grain Goldfish (WGR, LS) Apple juice
AM	28 Kix cereal (WGR, LS) Apple juice	29 Triscuits (WGR, LS) Apple juice	30 Honey-nut Cheerios (WGR) Apple juice	31 Whole grain Goldfish (WGR, LS) Apple juice	
PM	Life cereal (WGR, LS) Apple juice	Corn Chex cereal (WGR,LS) Apple juice	Cheez-it crackers (WGR, LS) Apple juice	Cheerios (WGR, LS) & Raisins Apple juice	