



February 2018 Snack Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p>JLOG is working towards following USDA snack guidelines: serving foods that are 100% whole grain (labeled WGR - whole grain rich) and limiting sugar (labeled LS - low sugar). Thank you for your help in providing healthy snacks for our preschoolers.</p>			1 Whole Grain Goldfish (WGR, LS), White grape juice Cheerios (WGR), LS) White grape juice	2 Kix Cereal (WGR, LS) White grape juice Teddy Grahams (WGR, LS) White grape juice
PM				5 Life cereal (WRG, LS) White grape juice Animal crackers White grape juice	6 Teddy Grahams (WGR, LS) White grape juice Ritz crackers (LS) White grape juice
AM	12 Special K cereal (WGR, LS) Apple juice	13 Wheat Thins (WGR, LS) Apple juice	14 Pretzels (LS) & Craisins Apple juice	15 Kix (WGR, LS) & Cheerios (WGR, LS) Apple juice Tostitos (WGR, LS) Apple juice	16 Cheetos (LS) Apple juice Teddy Grahams (WGR, LS) Apple juice
PM	Cheez-its (WGR, LS) Apple juice	Nilla Wafers Apple juice	Sun Chips (WGR, LS) Apple juice	Tostitos (WGR, LS) Apple juice	Teddy Grahams (WGR, LS) Apple juice
AM	19 Whole Grain Goldfish (WGR, LS) Apple juice	20 Life cereal (WGR, LS) Apple juice	21 Kix cereal (LGR, LS) Apple juice	22 Teddy Grahams (WGR, LS) Apple juice	23 Cheerios (WGR, LS) & Craisins Apple juice
PM	Cheetos (LS) Apple juice	Whole Grain Goldfish (WGR, LS), Apple juice	Teddy Grahams (WGR, LS) Apple juice	Pretzels (LS) Apple juice	Life cereal (WGR, LS) Apple juice
AM	26 Wheat Thins (WGR, LS) Apple juice	27 Pretzels (LS) & Craisins Apple juice	28 Animal crackers Apple juice		
PM	Kix cereal (WGR, LS) Apple juice	Special K cereal (WGR, LS) Apple juice	Whole Grain Goldfish (WGR, LS), Apple juice		