



# January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ECC Closed Happy New Year!	2 AM: French toast, sausage, milk PM: carrots, hummus, milk	3 AM: biscuit, cheese, milk PM: applesauce, Craisins, water	4 AM: WG fig bars, milk PM: crackers, string cheese, water	5 AM: WG Belvita Biscuit, raisins, milk PM: trail mix, milk	6
7	8 AM: WG Berry Berry Kix, milk PM: yogurt, granola, milk	9 AM: sausage biscuit, milk PM: Cheese Its, raisins, water	10 AM: oatmeal, raisins, milk PM: rice crisps, string cheese, water	11 AM: WG Strawberry Cream Mini Spooners, milk PM: fruit leather, pretzels, water	12 AM: pancake, berries, milk PM: apples, Goldfish, water	13
14	15 ECC Closed Martin Luther King Day Observance	16 AM: cinnamon bread, apple butter, milk PM: cucumbers, ranch, milk	17 AM: biscuit, baked cinnamon apples, milk PM: WG Belvita Biscuit, Craisins, water	18 AM: English muffin, jelly, milk PM: veggie crisps, string cheese, water	19 AM: pancakes, bacon, milk PM: clementine, milk	20
21	22 AM: WG Corn Chex, milk PM: celery, Wow Butter, raisins, water	23 AM: yogurt, granola, milk PM: cottage cheese, peaches, water	24 AM: waffle, bacon, milk PM: Goldfish, raisins, water	25 AM: bagel, cream cheese, milk PM: apple sauce, pretzels, water	26 AM: WG Cheerios, milk PM: yogurt smoothie, banana, water	27
28	29 AM: WG Crunchy Oat Squares, milk PM: apples, raisins, water	30 AM: French toast, sausage, milk PM: carrots, celery, ranch, water	31 AM: biscuit, cheese, milk PM: applesauce, Craisins, water			<ul style="list-style-type: none"> <li>WG = whole grain</li> </ul>