# Sparkles! Fair Oaks - Snack

# January 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | | 1 |
| THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS | All lunches served with age appropriate milk, either 1% or whole milk. | Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges | | PM: Mini Corn Muffin 1 ea w/ Daily Fresh Fruit ½ c<br><br>PM: Enriched Pita Bread ½ ea w/ Daily Fresh Fruit ½ c |
| 4 | 5 | 6 | 7 | 8 |
| AM: Peach Yogurt 2 oz; Daily Fresh Fruit ½ c<br><br>PM: Soft Whole Wheat Baked Pretzel 1 ea w/ Daily Fresh Fruit ½ c | AM: ⅓ c Toasted Oats Cereal w/ ½ c Milk<br><br>PM: Mini Apple Cinnamon Muffin 1 ea w/ Daily Fresh Fruit ½ c | AM: ½ ea Bagel with Strawberry Cream Cheese w/ ½ c Milk<br><br>PM: Saltine Crackers 4 ea w/ Cheddar Cheese Cubes 3 ea | AM: ½ ea Blueberry Breakfast Bar w/ ½ c Milk<br><br>PM: Wheatberry Bread Slice ½ ea w/ Daily Fresh Fruit ½ c | AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk<br><br>PM: Animal Crackers 4 ea w/ Daily Fresh Fruit ½ c |
| 11 | 12 | 13 | 14 | 15 |
| AM: Whole Grain English Muffin ½ ea w/ Fruit Preserves w/ ½ c Milk<br>PM: Ritz Crackers 4 ea w/ American Cheese Slice 1 ea | AM: Mini Blueberry Muffin 1 ea w/ ½ c Milk<br><br>PM: Tandoori Nan Flat Bread ½ ea w/ Daily Fresh Fruit ½ c | AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk<br>PM: Graham Crackers 4 ea w/ Mozzarella String Cheese ½ ea | AM: Hard Boiled Egg 1 ea w/ Daily Fresh Fruit ½ c<br><br>PM: Vanilla Wafers 5 ea w/ Daily Fresh Fruit ½ c | AM: Raspberry Yogurt 2 oz w/ Daily Fresh Fruit ½ c<br>PM: Whole Grain Bread Stick ½ ea w/ American Cheese Slice 1 ea |
| 18 | 19 | 20 | 21 | 22 |
| Martin Luther King Jr. Day Holiday<br><br>School Closed | AM: ⅓ c Whole Grain Toasted Oats Cereal w/ ½ c Milk<br>PM: Saltine Crackers 4 ea w/ Daily Fresh Fruit ½ c | AM: Mini Banana Bran Muffin 1 ea w/ ½ c Milk<br><br>PM: Oyster Crackers ¼ c w/ Cheddar Cheese Cubes 3 ea | AM: ⅓ c Corn Chex Cereal w/ ½ c Milk<br>PM: Townhouse Crackers 4 ea w/ American Cheese Slice 1 ea | AM: Honey Wheat Biscuit ½ ea w/ Fruit Preserves 1 ea w/ ½ c Milk<br>PM: Enriched Pita Bread ½ ea Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip |
| 25 | 26 | 27 | 28 | 29 |
| AM: Whole Grain Bagel ½ ea w/ Cream Cheese 2 oz ea<br><br>PM: Vanilla Wafers 5 ea w/ Daily Fresh Fruit ½ c | AM: Strawberry Banana Yogurt 2 oz w/ ½ oz Cinnamon Granola Crunch<br><br>PM: Goldfish Crackers ¼ c Daily Fresh Fruit ½ c | AM: Hard Boiled Egg 1 ea w/ Daily Fresh Fruit ½ c<br><br>PM: Ritz Crackers 4 ea w/ American Cheese Slice 1 ea | PM: Mini Corn Muffin 1 ea w/ ½ c Milk<br><br>PM: Enriched Pita Bread ½ ea w/ Daily Fresh Fruit ½ c | AM: Peach Yogurt 2 oz; Daily Fresh Fruit ½ c<br><br>PM: Soft Whole Wheat Baked Pretzel 1 ea w/ Daily Fresh Fruit ½ c |