**Silverline Montessori**

**January 2018 Snack Menu**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1**  Building Closed  Happy New Year! | **2**  **Morning Snack**  Rice Chex, Strawberries  Milk  **Afternoon Snack**  Hummus, Sliced Carrots & Water  Image result for hummus with carrots | **3**  **Morning Snack**  Apple Sauce, Goldfish & Water  **Afternoon Snack**  Grape Tomato,  Image result for goldfish crackersCrackers & Milk | **4**  **Morning Snack**  Pretzels, Cheese Sticks, & Water  **Afternoon Snack**  Image result for celery sticksCelery Stick, Sun Butter & Water | **5**  **Morning Snack**  Hot Cinnamon Apples  Water  **Afternoon Snack**  Orange Segments  Image result for orange segmentsRitz Crackers  Water |
| **8**  **Morning Snack**  Wheat Tortillas, Refried Beans, Water  **Afternoon Snack**  Image result for wheat tortillaSun Butter Sandwich  Water | **9**  **Morning Snack**  Cottage Cheese  Diced Melon  Water  **Afternoon Snack**  Cucumber Slices  Image result for cottage cheeseString Cheese  Water | **10**  **Morning Sack**  Celery Stick, Sun Butter  **Afternoon Snack**  Image result for celery sticksGoldfish Crackers, Banana Slices  Water | **11**  **Morning Snack**  Flavored Yogurt  Sliced Strawberries & Water  **Afternoon Snack**  Vegetable Slices  Image result for string cheeseString Cheese  Water | **12**  **Morning Snack**  Granola Bar, Milk & Water  **Afternoon Snack**  Wheats worth Crackers  Diced Melon & Water  Image result for wheatsworth crackers |
| 15  Building Closed  Martin Luther King’s Birthday! | **16**  **Morning Snack**  Yogurt Dip, Sliced Carrots & Water  **Afternoon Snack**  Image result for carrot sticksCottage Cheese, Fruit Slices & Water | **17**  **Morning Snack**  Granola Bar, Fruit Juice  **Afternoon Snack**  Image result for granola barsVegetable Slices, String Cheese, Water | **18**  **Morning Snack**  Cottage Cheese Wheats worth Crackers, Water  **Afternoon Snack**  Image result for apple slicesApple Slices, Sun Butter Sandwich & Water | **19**  **Morning Snack**  Wheat Roll or Bread, Chicken Salad  Water  **Afternoon Snack**  Image result for puffed cerealChex Mix, Water or Milk |
| **22**  **Morning Snack**  Pretzels, Cheese Slice  Water  **Afternoon Snack**  Image result for pretzelsFresh Vegetables, Yogurt Dip & Water | **23**  **Morning Snack**  Flavored Yogurt, Blueberries & Water  **Afternoon Snack**  Image result for yoplait yogurtCherry Tomatoes, Wheatsworth Crackers & Milk | **24**  **Morning Snack**  Cheerios, sliced bananas & Milk  **Afternoon Snack**  Goldfish Crackers,  Fruit & Milk  Image result for goldfish crackers | **25**  **Morning Snack**  Cottage Cheese  Melon, & Water  **Afternoon Snack**  Cucumber Slices  Image result for cottage cheeseString Cheese & Water | **26**  **Morning Snack**  Granola Bar, Milk & Water  **Afternoon Snack**  Wheats worth Crackers  Diced Melon & Water |
| **29**  **Morning Snack**  Pretzels, Sun butter & Water  **Afternoon Snack**  Image result for cheese itsCheez It’s & Water | **30**  **Morning Snack**  Yogurt Dip, Sliced Carrots & Water  **Afternoon Snack**  Image result for carrot sticksCottage Cheese, Fruit Slices & Water | **31**  **Morning Snack**  Rice Chex, Strawberries  Milk  **Afternoon Snack**  Hummus, Sliced Carrots & Water  Image result for hummus with carrots |  |  |