**Silverline Montessori**

**January 2018 Snack Menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1**Building ClosedHappy New Year! | **2** **Morning Snack**Rice Chex, StrawberriesMilk**Afternoon Snack**Hummus, Sliced Carrots & WaterImage 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 ApplesWater**Afternoon Snack**Orange SegmentsImage result for orange segmentsRitz CrackersWater |
| **8****Morning Snack**Wheat Tortillas, Refried Beans, Water**Afternoon Snack**Image result for wheat tortillaSun Butter SandwichWater | **9****Morning Snack**Cottage CheeseDiced MelonWater**Afternoon Snack**Cucumber SlicesImage result for cottage cheeseString CheeseWater         | **10****Morning Sack**Celery Stick, Sun Butter**Afternoon Snack**Image result for celery sticksGoldfish Crackers, Banana SlicesWater | **11****Morning Snack**Flavored YogurtSliced Strawberries & Water**Afternoon Snack**Vegetable SlicesImage result for string cheeseString CheeseWater | **12****Morning Snack**Granola Bar, Milk & Water**Afternoon Snack**Wheats worth CrackersDiced Melon & WaterImage result for wheatsworth crackers |
| 15Building ClosedMartin 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 SliceWater**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 & MilkImage result for goldfish crackers  | **25****Morning Snack**Cottage CheeseMelon, & Water**Afternoon Snack**Cucumber Slices Image result for cottage cheeseString Cheese & Water | **26****Morning Snack**Granola Bar, Milk & Water**Afternoon Snack**Wheats worth CrackersDiced 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, StrawberriesMilk **Afternoon Snack**Hummus, Sliced Carrots & WaterImage result for hummus with carrots |  |   |