

Ms Juana Montessori Home School

Snack Menu - January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1/1/2018	1/2/2018	1/3/2018	1/4/2018	1/5/2018
AM					
Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.		Milk	Milk	Milk	Milk
		Berries	Melon	Apples	Cold cereal
PM					
Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.		Milk	Milk	Milk	Milk
		Yogurt	Croissants	Apple sauce	Bagels+cream cheese
Week 2	1/8/2018	1/9/2018	1/10/2018	1/11/2018	1/12/2018
AM					
Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.	Milk	Milk	Milk	Milk	Milk
	Banana	Carrots w/ranch	Melon	Apples	Cold cereal
PM					
Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.	Milk	Milk	Milk	Milk	Milk
	Cheese sandwich	Cinnamon rolls	Cereal bars	French Toast	Raisin bread
Week 3	1/15/2018	1/16/2018	1/17/2018	1/18/2018	1/19/2018
AM					
Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.		Milk	Milk	Milk	Milk
		Berries	Melon	Apples	Cold Cereal
PM					
Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.		Milk	Milk	Milk	Milk
		Yogurt	Waffles	Apple sauce	Muffins
Week 4	1/22/2018	1/23/2018	1/24/2018	1/25/2018	1/26/2018
AM					
Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.	Milk	Milk	Milk	Milk	Milk
	Bananas	Oranges	Melon	Apples	Cold Cereal
PM					
Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.	Milk Club	Milk	Milk	Milk	Milk
	Crackers/Cheese	Cinnamon rolls	Cereal bars	French Toast	Cheese strings