

# Ms Juana Montessori Home School

## Snack Menu January - 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	1/4/2021	1/5/2021	1/6/2021	1/7/2021	1/8/2021
<b>AM</b>					
<b>Milk, Meat or Meat Alt.</b>	Milk	Milk	Milk	Milk	Milk
<b>Fruit/Veg or Juice</b>					
<b>Bread or Bread Alt.</b>	Banana	Berries	Melon	Apples	Cold cereal
<b>PM</b>					
<b>Milk, Meat or Meat Alt.</b>	Milk	Milk	Milk	Milk	Milk
<b>Fruit/Veg or Juice</b>					
<b>Bread or Bread Alt.</b>	Muffins	Yogurt	Waffles	Cheese It	Bagels+cream cheese
<b>Week 2</b>	1/11/2021	1/12/2021	1/13/2021	1/14/2021	1/15/2021
<b>AM</b>					
<b>Milk, Meat or Meat Alt.</b>	Milk	Milk	Milk	Milk	Milk
<b>Fruit/Veg or Juice</b>					
<b>Bread or Bread Alt.</b>	Banana	Tangerines	Melon	Apples	Cold cereal
<b>PM</b>					
<b>Milk, Meat or Meat Alt.</b>	Milk	Milk	Milk	Milk	Milk
<b>Fruit/Veg or Juice</b>					
<b>Bread or Bread Alt.</b>	Gold Fish	Cheese It	Cereal bars	French Toast	Club Crackers/Cheese
<b>Week 3</b>	1/18/2021	1/19/2021	1/20/2021	1/21/2021	1/22/2021
<b>AM</b>					
<b>Milk, Meat or Meat Alt.</b>		Milk	Milk	Milk	Milk
<b>Fruit/Veg or Juice</b>					
<b>Bread or Bread Alt.</b>		Berries	Melon	Apples	Cold Cereal
<b>PM</b>					
<b>Milk, Meat or Meat Alt.</b>		Milk	Milk	Milk	Milk
<b>Fruit/Veg or Juice</b>					
<b>Bread or Bread Alt.</b>		Yogurt	Waffles	Cheese It	Bagels+cream cheese
<b>Week 4</b>	1/25/2021	1/26/2021	1/27/2021	1/28/2021	1/29/2021
<b>AM</b>					
<b>Milk, Meat or Meat Alt.</b>	Milk	Milk	Milk	Milk	Milk
<b>Fruit/Veg or Juice</b>					
<b>Bread or Bread Alt.</b>	Bananas	Tangarines	Melon	Apples	Cold Cereal
<b>PM</b>					
<b>Milk, Meat or Meat Alt.</b>	Milk	Milk	Milk	Milk	Milk
<b>Fruit/Veg or Juice</b>					
<b>Bread or Bread Alt.</b>	Gold Fish	Cheese It	Cereal bars	French Toast	Club Crackers/Cheese