

# January's Snack Menu

Westminster Presbyterian Preschool - 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
AM			1	2	3
PM					
AM	6 Cracker Mix and Milk or Water	7 Pita chips and Hummus with Water	8 Sunflower butter roll-ups and Milk	9 Rice Cakes and Cream Cheese or Sunflower Butter with Juice or Water	10 Bananas and Sunflower Butter sandwiches with Milk
PM	Pretzels and Peanut Butter with Juice	Applesauce cups & Graham Crackers with Water	Granola Bars, fruit cups and Water	Trail Mix with Juice or Water	Yogurt with granola with Water
AM	13 Mixed Fruit Salad with a yogurt dip and Juice	14 <b>Cooking with Kids:</b> "The Snowman"	15 <b>Cooking with Kids:</b> "The Snowman"	16 Mixed Raw Vegetables with Ranch Dressing Dip and Water	17 Hawaiian Rolls and Pineapple chunks with Coconut Milk
PM	Veggie Straws and Pasia Sauce with Water	Cheerios and dried fruit with Almond Milk	Tangerines, rice crackers and Milk	Cereal Mix and Almond milk	Yogurt cups and crackers with water
AM	20 School is Closed 	21 <b>Cooking with Kids:</b> "Snack for the Forest" with Water	22 <b>Cooking with Kids:</b> "Snack for the Forest" with Water	23 Squeezable Yogurt And Crackers with water	24 Cheese Sticks and Crackers with Water or Juice
PM	Martin Luther King Day Observance	Cereal Mix & Almond Milk	Goldfish Crackers and Raisins with Juice or Water	Cracker Mix with Juice	Bananas and Graham Crackers with Almond Milk
AM	27 Host & Hostess Day	28 Host & Hostess Day	29 Graham Cracker with Flavored Cream Cheese Sandwiches with water	30 Bagels with Cream Cheese, and Water	31 Rice Cake Pizzas and Juice
PM	Cereal Mix and Almond milk	Pretzels and Peanut Butter with Juice	Veggie Straws and Pasia Sauce with Water	Applesauce cups & Graham Crackers with Water	Tangerines, rice crackers and Milk

Portion Size: Meat or Alternative: ½ ounce Portion Size: ½ cup of Milk(1%) ½ cup-100% Juice Portion Size: ½ cup Fruit: ½ cup vegetables  
Portion Size: Grains-1/2 ounce 1 serving per day-100% Portion Size: Water (8 ounces each year of age)