

JL JORDAN AFTER SCHOOL SNACK MENU – JANUARY 2015

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cereal with milk (rotation) <ul style="list-style-type: none"> • Chex with blueberries • Apple cinnamon cheerios • Rice Krispies with strawberries • Multigrain cheerios 	English muffin Pizzas <ul style="list-style-type: none"> • w/w English muffins • pepperoni • pizza sauce • mozzarella cheese Orange Juice	Veggies with Dip, Crackers <ul style="list-style-type: none"> • carrots • snow peas Pineapple Juice	Clemetines Caramel Greek Yogurt Spread Graham Crackers Water	Tea Biscuits With butter or jam Apple Juice
2	Fruit Smoothies Arrowroot Cookies	Pepperettes Cheddar Cheese cubes Crackers Apple Juice	Vanilla Yogurt Blueberries	Cucumbers Cherry Tomatoes Crackers Hummus Milk	Brownies Raspberries Milk
3	Watermelon or Strawberries Pretzels Pineapple Juice	Garlic Bread Red & Green Pepper Apple Juice	Grapes with fruit dip Mini croissants Water	Rice Cakes Flavoured cream cheese or Wow Butter Grape Juice	Popcorn Cheese Cubes Orange Juice
4	Apple Slices Nutrigrain Bars Pineapple Juice	Buns & Bologna with mustard Pickles & Cheese Milk	Frozen Yogurt Tubes Teddy Grahams Water	Strawberry cream cheese wraps Bananas Milk	Multigrain nachos Salsa Sour cream Water with lemon
5	Melba Toast Hard Boiled Eggs Plums Water	Bear Paws Banana Chunks Milk	Celery Cheese spread or wow butter Bread sticks Grape Juice	Meat slices Marble cheese Ritz crackers Apple Juice	Shortbread cake cookies Strawberries Milk
6	Cinnamon Apple Sauce Animal Crackers Milk	Vegetable Crackers Carrot sticks Ham slices Apple Juice	Steamed Broccoli & Cauliflower Cheese sauce Bread Sticks Water	Rice with veggies <ul style="list-style-type: none"> • carrots, cauliflower, broccoli Grape Juice	Pumpkin Loaf Milk