



Englewood Snack Menu

January 2018 Snack Menu

NUTRITION NEWS:

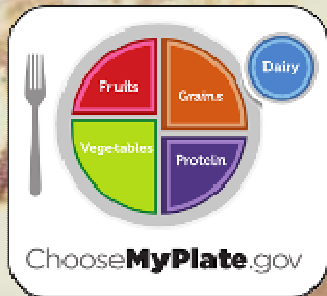
It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

MENU SUBJECT TO CHANGE

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This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Cheddar Goldfish Cheese Crackers 100% Juice Choice	3 Keebler Gripz Graham Crackers 100% Juice Choice	4 Chex Chocolate Caramel Cereal 6 oz. 100% Juice	5 Cheerios Cereal Bar 100% Juice Choice
8 Scooby Doo Graham Crackers 100% Juice Choice	9 Kids Mix 6oz. 100% Juice	10 Cinnamon Poptart 100% Juice Choice	11 Cheez-It Crackers 6 oz. 100% Juice	12 Cookie Animal Cracker 100% Juice Choice
15 Martin Luther King Jr. Day School Closed	16 Cheddar Goldfish Cheese Crackers 100% Juice Choice	17 Keebler Gripz Graham Crackers 100% Juice Choice	18 Chex Chocolate Caramel Cereal 6 oz. 100% Juice	19 Cheerios Cereal Bar 100% Juice Choice
22 Half Day Scooby Doo Graham Crackers 100% Juice Choice	23 Kids Mix 6oz. 100% Juice	24 Cinnamon Poptart 100% Juice Choice	25 Cheez-It Crackers 6 oz. 100% Juice	26 Cookie Animal Cracker 100% Juice Choice
29 Cocoa Puffs Cereal Bar 100% Juice Choice	30 Cheddar Goldfish Cheese Crackers 100% Juice Choice	31 Keebler Gripz Graham Crackers 100% Juice Choice		

Healthy Meals Grow Healthy Kids