








Plate Includes 2 of the 4 Components

- Milk, Fluid
- Fruit/Vegetable
- Grains/Breads
- Meat/Meat Alternate

ESS Snack Menu

January 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 4 Cool Ranch Doritos JUICE (6 OZ)	January 5 Cheez – its Fresh Fruit JUICE (6 OZ) 	January 6 String Cheese Fresh Fruit MILK (8 OZ)	January 7 Tostitos Scoops (1 each) Fresh Fruit JUICE (6 OZ)	January 8 Vanilla Bear Grahams Fresh Fruit MILK (8 OZ)
January 11 Nacho Cheese Doritos Fresh Fruit MILK (8 OZ) 	January 12 WG Chocolate Chip Cookie Fresh Fruit MILK (8 OZ)	January 13 Cheddar Munchie Mix Fresh Fruit JUICE (6 OZ) 	January 14 Goldfish Pretzel (1 each) Fresh Fruit JUICE (6 OZ)	January 15 Granola Bar (1 each) Fresh Fruit MILK (8 OZ) 
	January 19 Elf Grahams (1 Each) Fresh Fruit JUICE (6 OZ)	January 20 Heartzels (1 Each) Fresh Fruit JUICE (6 OZ)	January 21 Goldfish Cheddar (1 each) Fresh Fruit JUICE (6 OZ)	January 22 Scooby Do Sticks Fresh Fruit MILK (8 OZ)
January 25 Cool Ranch Doritos Fresh Fruit MILK (8 OZ)	January 26 WG Chocolate Chip Cookie Fresh Fruit MILK (8 OZ) 	January 27 Cheddar Munchie Mix Fresh Fruit JUICE (6 OZ)	January 28 Tostitos Scoops (1 each) Fresh Fruit JUICE (6 OZ)	January 29 Granola Bar (1 each) Fresh Fruit MILK (8 OZ) 

January