

## WINTER MENU

WEEK 1 1/4, 1/25, 2/15, 3/7, 3/28					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cinnamon Raisin Bread Organic Milk	Kellogg's Special K Red Berries Cereal Organic Milk	Nutri Grain Organic Milk	Kellogg's Special K Red Berries Cereal Organic Milk	Organic Fresh Strawberries Organic Milk
After Noon and After School					
PM	Bananas	Veggie Straws	Whole Grain Graham Crackers with Cheese Slices	Cheez-It	Organic Blue Corn Tortilla Chips w/ Queso
WEEK 2 1/11, 2/1, 2/22, 3/14					
AM	GoGo SqueeZ Fruit & Veggiez Organic Variety Pack Organic Milk	Whole Grain Cheerios Organic Milk	Sliced Apples Organic Milk	Organic String Cheese	Whole Grain Cheerios Organic Milk
After Noon and After School					
PM	Goldfish Crackers	Nutri Grain	Red Quinoa Chia Chips w/ Salsa	Cheez-It	Veggie Straws
WEEK 3 1/18, 2/8, 2/29, 3/21					
AM	Kellogg's Special K Red Berries Cereal Organic Milk	Plain Bagel w/ Cream Cheese and Fruit Spread Organic Milk	Kellogg's Special K Red Berries Cereal Organic Milk	Whole Wheat Bread w/ Fruit Spread Organic Milk	Yoplait Yogurt Variety
After Noon and After School					
PM	Banana	Whole Grain Graham Crackers with Cheese Slices	Organic Applesauce Pouches	Goldfish Crackers	Organic Fruit Snack Variety

**The American Academy of Pediatrics** recommends 6 ounces or less of juice per day; therefore YPW Spanish Immersion School only provides 2% organic milk and water to the children.

**Fresh Fruit:** Some fruit that we may purchase that are not organic would be fruits that have thick peel. Foods with a thick peel should have very little pesticides. Some of the fruits that may not be organic would be watermelon, bananas, cantaloupe and honey dew melons.

If your child has any **allergies**, please let your Director know immediately and please fill out an allergy form so we may offer your child a substitution. If you would like to provide your child with snacks from home or a sack lunch, please label foods from home with your child's name and do not send candy or soda as this will be sent back home with your child.

*We focus on a healthy lifestyle and that starts with the foods we put into our bodies.*