



EEC Snack

# January 2019

## In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**NO SCHOOL 1**

**2**  
Wholesome Banana bread  
Juice

**3**  
Chocolate chip muffin  
Milk

**4**  
Gripz Graham cracker  
Juice

Kix Cereal  
Milk **7**

**8**  
Rice Krispie Treats  
Juice

**9**  
Annie Bunny  
Grahams  
Yogurt cups

**10**  
Snack mix  
Juice

**11**  
Colby cheese cubes  
Zesta crackers

Nature Valley  
Chocolate chip bites  
Milk **14**

Mixed fruit cups  
String cheese **15**

**16**  
Wholesome Banana  
bread  
Juice

**17**  
Chocolate chip muffin  
Milk

**18**  
Gripz Graham cracker  
Juice

**NO SCHOOL 21**

**22**  
Rice Krispie Treats  
Juice

**23**  
Annie Bunny  
Grahams  
Yogurt cups

**24**  
Snack mix  
Juice

**25**  
Colby cheese cubes  
Zesta crackers

Nature Valley  
Chocolate chip bites  
Milk **28**

Mixed fruit cups  
String cheese **29**

**30**  
Wholesome Banana  
bread  
Juice

**31**  
Chocolate chip  
muffin  
Milk

### Announcements

### Meal Prices

Students \$.95