

# JANUARY 2023

# ESCAMBIA CHRISTIAN SCHOOL

# SNACK



**School Information:** ALL MEALS ARE SERVED WITH 1% WHITE MILK, FAT FREE CHOCOLATE MILK, OR BOTTLED WATER.

**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

## MONDAY

CHRISTMAS BREAK **2**

SUN CHIPS **9**  
APPLES

GRANOLA BAR **16**  
APPLE

SUN CHIPS **23**  
ORANGES

WG POP TARTS BITES **30**  
APPLSE

## TUESDAY

CHRISTMAS BREAK **3**

BABY CARROTS **10**  
RANCH DRESSING

NUTRI GRAIN BAR **17**  
ORANGE

GRANOLA BARS **24**  
APPLES

NUTRI GRAIN BARS **31**  
APPLES

## WEDNESDAY

CHRISTMAS BREAK **4**

CHEEZ- IT BAKED **11**  
SNACKS  
APPLES

GOLDFISH **18**  
GRAPES

GOLDFISH **25**  
GRAPES

## THURSDAY

GOLDFISH **5**  
APPLES

GOLDFISH PRETZELS **12**  
PEAR

WG POP TARTS **19**  
ORANGES

WG TEDDY BEARS **26**  
GRAPES

## FRIDAY

WG TEDDY BEARS **6**  
APPLES

WG POP TARTS **13**  
GRAPES

TEDDY BEARS **20**  
SLICED APPLES

BABY CARROTS **27**  
RANCH DRESSING DIP

