

# After School Snack Program January 2019

<p><b>7</b></p> <p>½ Cup Peach Cup Elf Grahams</p> <p>Cup of Water</p>	<p><b>8</b></p> <p>Blueberry Muffin Loaf</p> <p>1% White Milk</p>	<p><b>9</b></p> <p>¾ Cup Fresh Broccoli w/ Ranch Mozz. Cheese Stick</p>	<p><b>10</b></p> <p>½ Cup Cinnamon Applesauce Cup Hard Boiled Egg</p> <p>Chocolate Milk</p>	<p><b>11</b></p> <p>Cheez-It's</p> <p>6 oz. 100% Fruit Punch Juice</p>
<p><b>14</b></p> <p>Pretzel Goldfish Crackers</p> <p>6 oz. 100% Apple Juice</p>	<p><b>15</b></p> <p>½ Cup Strawberry Applesauce Animal Crackers</p> <p>1% White Milk</p>	<p><b>16</b></p> <p>Fresh Green Apple Cheddar Cheese Stick</p> <p>Cup of Water</p>	<p><b>17</b></p> <p>¾ Cup Cherry Tomatoes Ranch Packet</p> <p>Chocolate Milk</p>	<p><b>18</b></p> <p>Banana Chocolate Breakfast Bar</p> <p>6 oz. 100% Orange Juice</p>
<p><b>21</b></p> <p>NO School MLK DAY</p>	<p><b>22</b></p> <p>NO School</p>	<p><b>23</b></p> <p>Mozzarella Cheesestick Elf Grahams</p> <p>6 oz. 100% Orange Juice</p>	<p><b>24</b></p> <p>½ Cup Strawberry Cup</p> <p>White Milk</p>	<p><b>25</b></p> <p>Apple Cinnamon Muffin</p> <p>Chocolate Milk</p>
<p><b>28</b></p> <p>Chocolate Muffin</p> <p>6 oz. 100% Fruit Punch Juice</p>	<p><b>29</b></p> <p>Cheerios</p> <p>1% White Milk</p>	<p><b>30</b></p> <p>¾ Cup Fresh Baby Carrots w/ Ranch Animal Crackers</p> <p>Cup of Water</p>	<p><b>31</b></p> <p>Fresh Red Apple</p> <p>Chocolate Milk</p>	<p><b>32</b></p>
<p><b>33</b></p>	<p><b>34</b></p>	<p><b>PARENTS:</b> Remember to complete your Free &amp; Reduced <b>FEE WAIVER</b> Application for the 2018-2019 School Year. Talk to your student's school office to see if you have been directly certified through the state or if you need to apply this school year!</p> <p><b><u>VERY IMPORTANT FOR YOUR STUDENT!!!</u></b></p>		

## More info...

If you have any questions, complaints or just things you want the food service department to know, please email: [lee-natalie@aramark.com](mailto:lee-natalie@aramark.com)

Thanks!!!

For additional Nutritional Education Materials, please visit [www.usd116.org](http://www.usd116.org), click on 'Food Menus' under the Quick Links on the right side of the homepage. Here you will find the new Nutritional Education Section! If you have any questions, please call Aramark at 217-384-3694!



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