

# Serving Sizes

per learner

- Milk - 1/2 cup
- Vegetable - 1/2 cup
- Fruit - 1/2 cup
- Bread - 1/2 slice
- Cereal - 1/3 cup
- Meat - 1/2 oz.

# JANUARY 2025

MON	TUE	WED	THU	FRI
		1 <b>NO SCHOOL- CHRISTMAS BREAK</b>	2 <b>NO SCHOOL- CHRISTMAS BREAK</b>	3 <b>NO SCHOOL- CHRISTMAS BREAK</b>
6 <b>NO SCHOOL NON-STUDENT DAY</b>	7 APPLESAUCE & ANIMAL CRACKERS ————— GOLDFISH & JUICE	8 PRETZELS & RAISINS ————— WHEAT THINS & FRUIT CUP	9 BELVITAS & JUICE ————— RAISINS & VEGGIE STRAWS	10 RITZ CRACKERS & GOGURT ————— FIG BARS & JUICE
13 FRUIT VEGGIE SQUEEZE & GRAHAM CRACKERS ————— STRING CHEESE & PRETZELS	14 RITZ CRACKERS & GOGURT ————— FIG BARS & JUICE	15 APPLESAUCE & ANIMAL CRACKERS ————— GOLDFISH & JUICE	16 PRETZELS & RAISINS ————— WHEAT THINS & FRUIT CUP	17 BELVITAS & JUICE ————— RAISINS & VEGGIE STRAWS
20 <b>NO SCHOOL MLK DAY</b>	21 FRUIT VEGGIE SQUEEZE & GRAHAM CRACKERS ————— STRING CHEESE & PRETZELS	22 RITZ CRACKERS & GOGURT ————— FIG BARS & JUICE	23 APPLESAUCE & ANIMAL CRACKERS ————— GOLDFISH & JUICE	24 PRETZELS & RAISINS ————— WHEAT THINS & FRUIT CUP
27 BELVITAS & JUICE ————— RAISINS & VEGGIE STRAWS	28 PRETZELS & RAISINS ————— WHEAT THINS & FRUIT CUP	29 FRUIT VEGGIE SQUEEZE & GRAHAM CRACKERS ————— STRING CHEESE & PRETZELS	30 RITZ CRACKERS & GOGURT ————— FIG BARS & JUICE	31 APPLESAUCE & ANIMAL CRACKERS ————— GOLDFISH & JUICE