



KNOWLEDGE TREE CHILDREN'S ACADEMY

Snack Menu • January 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
3 Cheerios* Raisins* Milk*	Vanilla Wafers* Applesauce* Milk*	4 Nutri-Grain Bars* Bananas* Milk*	Goldfish/Cheez-Its* Apples Water*	5 Waffles Tangerines * Milk	Salami* Cubed Cheese* Water*	6 Yogurt* Granola* Milk*	Pretzels* Pineapple* Water*	7 Croissants* Fruit Cocktail* Milk*	Ritz Crackers* String Cheese* Water*
10 Mini Muffins* Applesauce* Milk*	Graham Crackers* Yogurt* Water*	11 Bagels with Cream Cheese* Peaches* Milk*	Chex Mix* String Cheese* Water*	12 French Toast Sticks* Apples* Milk*	Turkey* Cucumbers* Water*	13 Raisin Bread* Grapes* Milk*	Veggie Straws Baby Carrots* Water*	14 Cinnamon Rolls* Pineapple* Milk*	Popcorn* Mandarin Oranges* Water*
CLOSED		18 Nutri-Grain Bars* Bananas* Milk*	Goldfish/Cheez-Its* Apples Water*	19 Waffles Tangerines * Milk	Salami* Cubed Cheese* Water*	20 Yogurt* Granola* Milk*	Pretzels* Pineapple* Water*	21 Croissants* Fruit Cocktail* Milk*	Ritz Crackers* String Cheese* Water*
24 Mini Muffins* Applesauce* Milk*	Graham Crackers* Yogurt* Water*	25 Bagel with Cream Cheese* Peaches* Milk*	Chex Mix* String Cheese* Water*	26 French Toast Sticks* Apples* Milk*	Turkey* Cucumbers* Water*	27 Raisin Bread* Grapes* Milk*	Veggie Straws Baby Carrots* Water*	28 Cinnamon Rolls* Pineapple* Milk*	Popcorn* Mandarin Oranges* Water*
31 Cheerios* Raisins* Milk*	Vanilla Wafers* Applesauce* Milk*								

*Serving sizes listed by age group on reverse • Morning Snack @ 9 am • Afternoon Snack @ 2:30 pm • **Menus are subject to change and will be updated as needed**

Families may provide food for lunches, with the exception of foods containing nuts • Alternative food will be prepared for children with food allergies • ® = Ranch

Due to COVID-19 please check menu for any changes due to high demand of certain foods.