

Artificial
Ingredients,
Additives,
Preservatives

High-Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!



January.Snack.Menu.

Hawthorne Early Childhood

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 8 Welcome Back! 100% Natural Applesauce Goldfish Graham Cracker	2 Winter Break	3 Winter Break	4 Winter Break	5 Winter Break
15 No School Martin Luther King Day	16 String Cheese Goldfish Graham Cracker	17 Fresh Orange Goldfish Cheddar Crackers	18 Fresh Cucumber Coins w/ LF Ranch Dip Dried Mixed Fruit	19 Monterey Jack Cheese WG Soft Pretzel
22 No School Institute Day	23 WG Heartzel Pretzels 100% Orange Juice Cup	24 Fresh Celery Sticks Sun Butter Cup	25 Cheddar Goldfish Crackers 100% Natural Applesauce	26 Fresh Cucumber Coins w/ LF Ranch Dip Dried Mixed Fruit
29 Fresh Crisp Apple Animal Crackers	30 Fresh Celery Sticks Sun Butter Cup	31 WG Plain Cheerios Cereal Bowl 1% Low-fat Milk Pint		

Try **Apple** Cheddar Pita
Bites for a Quick Snack.



Ingredients:

1 (7") Round Whole Wheat pita.
 ½ Golden Delicious **Apple**
 1 tablespoon honey mustard (optional)
 2 oz. of cheddar or 2 oz. of a reduced low fat cheddar grated

Directions:

Preheat broiler or toaster oven.
 Cut **apple** into quarters and remove core. Cut **apples** into very thin slices. Place in bowl and toss with honey mustard. Place pita on baking sheet or on tinfoil for toaster oven; arrange **apple slices** on top. Place under broiler for about 3 minutes or until **apples** begin to soften. Sprinkle with cheese and return to broiler for a few more minutes until cheese is browned in spots. Cut into wedges to serve.
 Then eat and enjoy them.
 From Melissa's Healthy Living

Each meal includes rBST-free skim or 1% milk.



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