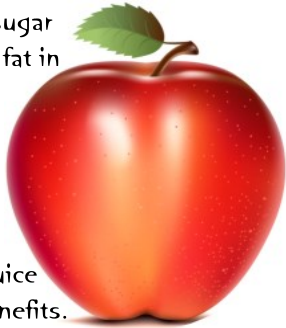


CHEW ON THIS.

Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, apples have recently been shown to improve digestion and digestive health. But be sure to eat the actual fruit -- applesauce and apple juice don't provide the same benefits.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

PRESCHOOL SNACK MENU

MENUS FOR JANUARY 29-MARCH 9

CORONADO UNIFIED SCHOOL DISTRICT

This institution is an equal opportunity provider and employer



DATES
 January 29 - February 2
 February 13 - 16
 February 26 - March 2

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Earth Cheesy Puffs	Appleways Bar	Assorted Cereal	Goldfish Crackers	Vanilla Yogurt
Baby Carrots (with Ranch Dip)	Fresh Fruit	1% White Milk	Fresh Fruit	Graham Crackers



All grain items are made with 51% or more WHOLE GRAIN

Monday	Tuesday	Wednesday	Thursday	Friday
Cheez-Its	Sun Chips	Assorted Cereal	String Cheese	Vanilla Yogurt
Baby Carrots (with Ranch Dip)	Fresh Fruit	1% White Milk	Fresh Fruit	Graham Crackers

DATES
 February 5 - 9
 February 20 - 23
 March 5 - 9