

# JANUARY 2019

## Florence 3 School District After School Snack Program

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

**New Year's Day**

Schools and Offices  
Closed

2

**Professional Day  
For Teachers**

No School For  
Students

3

**Manager's  
Choice  
Menu**

4

1 oz. Graham Chocolate  
Bear Crackers  
8 oz Milk

7

½ Ham & Cheese Sandwich  
6 oz Juice

8

.75 oz WG Goldfish Crackers  
6 oz Juice

9

.75 oz WG Cheez-It Crackers  
6 oz Juice

10

1 oz Reduced Fat Nacho  
Tortilla Chips  
6 oz Juice

11

1 oz Graham Chocolate  
Bear Crackers  
6 oz Juice

14

Powdered Donut Hole  
6 oz Juice

15

.75 oz WG Goldfish Pretzel  
Crackers  
Tortilla Chips  
6 oz Juice

16

1 oz Reduced Fat Cooler  
Ranch Tortilla Chips  
6 oz Juice

17

1 oz Graham Chocolate  
Bear Crackers  
8 oz Milk

18

1/2 Combo Meat Sandwich  
6 oz Juice

21

**Martin Luther  
King Jr.'s Birthday**

School District Closed

22

1 oz Reduced Fat Nacho  
Tortilla Chips  
6 oz Juice

23

1 oz Graham Cinnamon  
Goldfish Crackers  
6 oz Juice

24

1 oz Graham Bug Bites  
6 oz Juice

25

1/2 Peanut Butter & Jelly  
Sandwich  
Or  
½ Turkey Ham Sandwich  
6 oz Juice

28

1 oz Graham Scooby  
Cinnamon Crackers  
6 oz Juice

29

.75 oz WG Cheez-It Crackers  
6 oz Juice

30

.75 oz WG Goldfish Pretzel  
Crackers  
6 oz Juice

31

Powdered Donut Hole  
6 oz Juice

**DID YOU KNOW...**  
January's gem is  
garnet which  
represents  
constancy.

*Menus are subject to change  
based on product availability.*

### Nutrition Education

Healthy eating keeps the  
heart beating!

Eat a healthy meal to help  
your body heal.

Stop eating when you are  
satisfied, not full.

Apples are red, berries are  
blue, pears are sweet and  
they are all good for you.

Those who think they have no time for  
healthy eating, will sooner or later have  
to find time for illness.

— Edward Stanley

This institution is an equal  
opportunity provider.