

MSF Weekly Snack January 12, 2026

Mon. – Jan. 12

Mandarin Oranges (whole for each child)
Pickles
Nuts
Crackers

Tues. – Jan. 13

Berries
Carrots
Cheese
Crackers

Wed. - Jan. 14

Apples
Cucumbers
Hummus
Pretzels

Thurs. - Jan. 15

Grapes
Snap Peas
Peanut butter on Rice Cakes

Fri. - Jan. 16

Leftover Fruit
Leftover Veg. & Salsa
Beans (black & chickpea)
Tortilla Chips

Junior Prep

Monday:

Wash Berries
Prep Carrot (peel & slice)

Tuesday:

Prep Apples (wash and slice, spray with lemon water)
Prep Cucumbers

Wednesday:

Wash grapes
Prep sunbutter for EC 1st on rice cakes
Prep peanut butter for EL &JR

Thursday:

Prep leftover fruit
Prep leftover veg.
Wash beans