



# January 2019 - More @ Four Snacks

## NEWTON-CONOVER CITY SCHOOLS

Snacks are provided daily for our Pre-Kindergarten Classes

All snacks provided meet the USDA's Child Care snack requirements for the NCPK program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Knock, Knock. Whose there? Ken. Ken who? Ken I come in? It's cold outside!</p>	<p>1</p>  <p><b>NO SCHOOL HOLIDAY</b></p>	<p>2</p> <p>Cheddar Goldfish - .75 oz wt 1% Milk - 4 fl oz</p>	<p>3</p> <p>Sliced Pears - 1/2 c 1% Milk - 4 fl oz</p>	<p>4</p> <p>Mixed Fruit - 1/2 c 1% Milk - 4 fl oz</p>
<p>7</p> <p>Banana - 1/2 c 1% Milk - 4 fl oz</p>	<p>8</p> <p>Cucumber Slices - 1/2 c Ranch Dip - 1 oz 1% Milk - 4 fl oz</p>	<p>9</p> <p>Cheddar Goldfish - .75 oz wt 1% Milk - 4 fl oz</p>	<p>10</p> <p>Applesauce - 1/2 c 1% Milk - 4 fl oz</p>	<p>11</p> <p>Rice Chex Bowl Pack - 1 oz 1% Milk - 4 fl oz</p>
<p>14</p> <p>Chz Quesadilla - 1.25 oz wt Water</p>	<p>15</p> <p>Turkey &amp; Chz Wrap - 1.5 oz Water</p>	<p>16</p> <p>Sliced Peaches - 1/2 c 1% Milk - 4 fl oz</p>	<p>17</p> <p>Cheerios Bowl Pack - 1 oz 1% Milk - 4 fl oz</p>	<p>18</p> <p>Cheddar Goldfish - .75 oz wt 1% Milk - 4 fl oz</p>
<p>21</p> <p><b>HOLIDAY NO SCHOOL</b></p>	<p>22</p> <p><b>WORKDAY NO SCHOOL</b></p>	<p>23</p> <p>Rice Chex Bowl Pack - 1 oz 1% Milk - 4 fl oz</p>	<p>24</p> <p>Cheddar Goldfish - .75 oz wt 1% Milk - 4 fl oz</p>	<p>25</p> <p>Applesauce - 1/2 c 1% Milk - 4 fl oz</p> 
<p>28</p> <p>Fresh Orange Wedges - 5/8 c 1% Milk - 4 fl oz</p>	<p>29</p> <p>Ham &amp; Cheese Wrap - 1.5 oz wt Water</p>	<p>30</p> <p>Carrot Chips - 1/2 c Ranch Dip - 1 oz 1% Milk - 4 fl oz</p>	<p>31</p> <p>Sliced Pears - 1/2 c 1% Milk - 4 fl oz</p>	

Menus, Nutrition, and Allergen Information can be found on our system website: [www.newton-conover.org](http://www.newton-conover.org) - Menus are subject to change - Notice is given when possible

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