

January 2019 ~ SOQUEL Snack Menu

Mon	Tue	Wed	Thu	Fri
31	January 1	2	3	4
CKC CLOSED	CKC CLOSED	School Closed CKC Winter Camp	School Closed CKC Winter Camp	School Closed CKC Winter Camp
7	8	9	10	11
School Closed CKC Full Day @ SOQ	Pancakes with mixed berries and maple syrup	Hummus with pita chips and carrots	Yogurt with mixed berries, graham crackers, and honey	Veggie Chili with tortilla chips, shredded cheese, and carrots
14	15	16	17	18
Berry smoothies with granola bars	Bean and cheese burritos with salsa	Turkey with crackers, cheese, and fruit	Grilled cheese with oranges	Chicken salad with crackers and pickles
21	22	23	24	25
Apple sauce with graham crackers and string cheese	Whole grain cheerios with milk and fruit	Bagels with cream cheese and oranges	Apples, string cheese, and pretzels	Spaghetti with tomato sauce, parmesan cheese, and carrots
28	29	30	31	4
Whole wheat bread with sunflower butter, jam, and apples	Salami with crackers, sliced cheese, and carrots	Berry bowls with granola and sliced bananas	Brown rice with edamame, pineapple, and soy sauce	Chicken taquitos with black beans and salsa

Menus subject to change—Please check on-site menu for changes