



COMBS KIDZ SNACK

January 2018

InSeason! Oranges

Oranges are an excellent source of Vitamin C and Dietary Fiber.



In addition, oranges are a good source of B Vitamins including Vitamin B1, Pantothenic Acid, and Folate as well as Vitamin A, Calcium, Copper and Potassium.

Announcements

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04 Carrots Juice Box Elf Grahams	05 Orange Slices Milk Donut Hole
08 Carrots Juice Box Elf Grahams	09 PB cup Bug Bites Milk	10 Orange Slices Juice Box Goldfish	11 Banana Rice Krispie Bar Milk	12 Broccoli w/ ranch Juice Box String Cheese
15	16 Cucumber Slices Hard Boiled Egg Juice Box	17 Yogurt Graham Crackers Milk	18 Diced Pears Juice Box Cheez its	19 Celery w/ ranch Juice Box String Cheese
22 Celery w/ ranch Juice Box Cheese Stick	23 Yogurt Graham Crackers Milk	24 Carrots Juice Box Cheez Its	25 PBJ Wafer Milk	26 Mixed fruit Juice Box String Cheese
29 Apple Slices PB cup Milk	30 Raisins Elf Grahams Milk	31 Celery Sticks w/ ranch Juice Box Giant Goldfish		

