








February Snack Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 AM: ¼ cup of goldfish & 1 string cheese PM: 1 fruit bar & ¼ cup of goldfish	2 AM: ¼ cup of pretzels thins & ½ an apple sliced PM: ½ an apple sliced & 4-6 crackers	3
4 	5 AM: ¼ cup of original Chex mix & ½ a banana PM: ¼ cup of pretzels thins & ½ a banana	6 AM: 2 oz of Veggie straws & an applesauce pouch PM: 2 oz of Veggie straws & 1 string cheese	7 AM: 2-3 Graham crackers & ¼ cup of apple chips PM: ¼ cup of apple chips & 4-6 crackers	8 AM: ¼ cup of goldfish & ½ cup of raspberries PM: 1 chewy granola bar & ½ cup of raspberries	9 AM: ¼ cup of pretzels thins & 1 oz of sliced mango PM: 2 oz of Veggie straws & 1 oz of sliced mango	10 
11	12 AM: 2 oz of Wheat Thins & 1 oz of hummus PM: 1 applesauce pouch & ¼ cup pretzels thins	13 AM: 2 oz of Wheat Thins & 1 string cheese PM: 1 fruit bar & ½ cup of pretzel thins	14 Valentine's Day & Ash Wed. AM: banana & 2 oz Cheerios PM: 2 oz of Cheerios & ¼ cup of goldfish	15 AM: 4-6 crackers & ½ cup of raspberries PM: 2 oz of Veggie straws & ½ cup of raspberries	16 AM: 2-3 Graham crackers & ½ a banana PM: 1 chewy granola bar & ½ a banana	17
18	19 AM: 1 applesauce pouch & 4-6 crackers PM: dried fruit & 4-6 crackers	20 AM: ¼ cup of goldfish & 1 Fig bar PM: ¼ cup of goldfish & ½ a sliced apple	21 AM: 2 oz of Pretzel thins & 1 oz of hummus PM: 2 oz of Cheerios & dried fruit	22 AM: ¼ cup of original Chex mix & ½ a banana PM: ½ banana & Pirate's Booty	23 Go Texan Day AM: Pirate's Booty & applesauce pouch PM: Fig bar & 2 oz Veggie straws	24
25	9 AM: ¼ cup of pretzels thins & 1 oz of sliced mango PM: 2 oz of Veggie straws & 1 oz of sliced mango	27 AM: 2 oz of Wheat Thins & 1 string cheese PM: 1 fruit bar & ½ cup of pretzel thins	28 AM: 2 oz of Veggie straws & an applesauce pouch PM: 2 oz of Veggie straws & 1 string cheese			 shutterstock - 203136499