



# March 2018

(805) 499-6610  
 jenny.reese@montevistanp.church

Developing a joyful curiosity..joyfully discovering God.

### Nutrition Schedule & Criteria:

For Drinks—We choose to serve water with our snacks, 4 oz. 100% juice, or 1% hormone free milk are served with some snacks as a food group.

Nutrition consists of 1 serving from at least two of the following four food groups:

Milk:  
 1/2 c. 1% fat free milk

Seasonal Fresh Fruits and Vegetables:  
 1/2 c. portions.

Bread or Bread Alternatives:  
 1/2 slice or 1/4 c. portions.

Protein:  
 1/2 oz. portion for meat bean or cheese,  
 Eggs—1/2 egg, Yogurt—1/4 c.

In order to protect all of our children: Please do NOT bring in outside food for snacks, birthdays, or special events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pretzels & Applesauce	2 Popcorn & Raisins	3
4	5 Apples & Cheese	6 Bean Dip & Chips	7 Veggies & Ranch Dip	8 Cheesy Rice & Peas	9 Graham Crackers & Milk	10
11	12 Pasta & Cheese	13 Yogurt & Granola	14 Bagels & Cream Cheese	15 Bagels & Cream Cheese	16 Irish Soda Bread & Milk	17
18	19 Cottage Cheese & Pineapple	20 Veggies & Ranch Dip	21 Bean Dip & Chips	22 Sugar Cookies & Milk	23 Sugar Cookies & Milk	24
25	26	27	28	29	30	31
<b>No School: Easter Vacation</b>						