

September 2018

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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 I 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:

 $\mbox{l/2}$ oz. portion for meat bean or cheese, Eggs- $\mbox{l/2}$ egg, Yogurt- $\mbox{l/4}$ 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
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2	3 NO SCHOOL:	4 Goldfish	5 Graham	6 Cereal	7 Watermelon	8
	LABOR DAY	& Apple Juice	Crackers & Milk	& Milk	& Pretzels	
9	IO Apple Slices & Cheese	Bagels & Cream Cheese	12 Bean Dip & Chips	l3 Veggies & Ranch Dip	IH Applesauce & Ritz Crackers	15
16	17 String Cheese & GoldFish	18 Watermelon & Pretzels	19 Yogurt & Granola	20 Yogurt Cheese & Pita Bread	21 Bagels & Cream Cheese	22
23	24 English Muffins & Jam	25 Bean Dip & Chips	26 Popcorn & Raisins	27 Yogurt & Granola	28 Veggies & Ranch Dip	29
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