



November 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 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 Yogurt & Bananas	2 String Cheese & Crackers	3
4	5 English Muffins w/ Butter & Jam	6 Graham Crackers & Milk	7 Pasta w/ Butter & Parmesan Cheese	8 Popcorn & Cranberries/ Raisins	9 Oranges & Goldfish Crackers	10
11	12 NO SCHOOL : VETERAN'S DAY	13 Pretzels & Apple Slices	14 Soup & Oyster Crackers	15 Cereal & Milk	16 Veggies & Ranch Dip	17
18	19 Thanksgiving Feast	20 Thanksgiving Feast	21 NO SCHOOL : THANKSGIVING VACATION	22 NO SCHOOL : THANKSGIVING VACATION	23 NO SCHOOL : THANKSGIVING VACATION	24
25	26 Popcorn & Cranberries/ Raisins	27 Pita Bread & Yogurt Cheese	28 Refried Beans & Tortilla Chips	29 Carrots & Hummus	30 String Cheese & Crackers	