



March 2019

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Helping little hands to pray to God, love others and help their friends.

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 Popcorn & Raisins	2
3	4 Apples & Cheese	5 Refried Beans & Chips	6 Veggies & Ranch Dip	7 Oatmeal & Milk	8 Graham Crackers & Milk	9
10	11 Pasta & Cheese	12 Yogurt & Granola	13 Bagels & Cream Cheese	14 Bagels & Cream Cheese	15 Irish Soda Bread & Milk	16
17	18 Cereal & Milk	19 Veggies & Ranch Dip	20 FIELD TRIP: BOTANICA GARDENS	21 Goldfish & Cranberries	22 NO SCHOOL: STAFF DEVELOPMENT DAY	23
24 31	25 Cheesy Rice & Peas	26 Cheese & Crackers	27 Biscuits & Jam	28 Apples & Pretzels	29 Yogurt & Granola	30