



November 2019

MVPpreschool.org
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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 String Cheese & Crackers	2
3	4 English Muffins & Jam	5 Graham Crackers & Milk	6 Pasta w/Butter & Parmesan	7 Popcorn & Cranberries	8 Oranges & Goldfish Crackers	9
10	11 NO SCHOOL VETERAN'S DAY	12 String Cheese & Crackers	13 Pita Bread & Yogurt Cheese	14 Veggies & Ranch	15 Goldfish & Craisins	16
17	18 Pita Bread & Yogurt Cheese	19 Refried Bean & Chips	20 Yogurt & Fruit	21 Thanksgiving Feast	22 Thanksgiving Feast	23
24	25	26	27	28	29	30
No School - Thanksgiving Vacation						