



December 2019

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

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	2 Veggies & Ranch	3 Goldfish & Oranges	4 Pasta w/Butter & Parmesan	5 Apple Sauce & Pretzels	6 Cereal & Milk	7
8	9 Yogurt & Vanilla Wafers	10 English Muffins & Jam	11 Refried Beans & Chips	12 Veggies & Ranch	13 String Cheese & Crackers	14
15	16 Apple Sauce & Pretzels	17 Cookies & Milk	18 Cookies & Milk	19 Popcorn & Craisins	20 Graham Crackers & Milk	21
22	23	24	25	26	27	28
No School - Christmas Vacation						
29	30	31	1	2	3	4
We return back to school on January 6th.						