



Monte Vista Presbyterian Preschool  
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Developing a joyful curiosity...joyfully discovering God.

## MVPpreschool.org

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 2 of the following food groups:

Seasonal fresh fruits and vegetables are a priority. All fruit and vegetable portions are 1/2 c. sized portions.

Bread or Bread Alternatives are 1/2 slice or 1/4 c. portions.

Protein—1/2 oz. portions for meat or cheese. Eggs—1/2 egg

**In order to protect all of our children: Please do NOT bring in outside food for snacks, birthdays, or special person events. Please do NOT bring in candy for holidays or special treats.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Pita & Yogurt Cheese	2 Refried Beans & Chips	3 Graham Crackers Milk	4
5	6 Cereal & Milk	7 Pretzels Apple Sauce	8 Oatmeal Cranberries	9 Veggies Ranch Dip	10 Popcorn Raisins	11
12	13 Pretzels & Applesauce	14 Crackers & Cranberries	15 Bagels Cream Cheese	16 Bagels Cream Cheese	17 Irish Soda Bread & Milk	18
19	20 String Cheese Crackers	21 Pita & Yogurt Cheese	22 Refried Beans & Chips	23 Graham Crackers & Milk	24 No School: Staff Development	25
26	27 Goldfish & Cranberries	28 Cereal & Milk	29 Soup & Crackers	30 Yogurt & Fruit	31 Veggies & Dip	