



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 String Cheese & Crackers	2 Pita Bread & Yogurt Cheese	3 Beans & Chips	4 Graham Crackers & Milk	5 Cereal & Milk	6
7	8 Apple Sauce & Pretzels	9 Muffins with Moms & Popcorn	10 Muffins with Moms & Popcorn	11 Melon & Crackers	12 Rice Cakes & Raisins	13
14	15 Grapes & Gold Fish	16 Cereal & Milk	17 Veggies & Dip	18 String Cheese & Crackers	19 Pita Bread & Humus	20
21	22 Rice Cakes & Craisins	23 Apple Sauce & Pretzels	24 Pasta & Cheese	25 Beans & Chips	26 Yogurt & Vanilla Wafers	27
28	29 NO SCHOOL: Memorial Day	30 Popcorn & Apple Juice	31 Santa Barbara Zoo Field Trip	1 Trail Mix & Juice	2 Trail Mix & Juice	3