



December 2017

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Developing a joyful curiosity..joyfully discovering God.

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 Veggies Ranch	5 Oranges Vanilla Wafers	6 Pasta w/ Butter & Parmesan	7 Graham Crackers Milk	8 Apple Sauce Pretzels	9
10	11 Gold Fish Oranges	12 Pretzels Apples	13 Oatmeal Milk	14 Cereal Milk	15 Veggies Ranch Dip	16
17	18 Sugar Cookies Milk	19 Sugar Cookies Milk	20 Popcorn Raisins	21 Trail Mix	22 NO SCHOOL: Christmas Vacation	23
24 31	25	26	27	28	29	30
Merry Christmas! School Returns on Jan. 8th						