Monte Vista Presbyterian Preschool

April 2018

(805) 499-6610

jenny.reese@montevistanp.church

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	2 NO SCHOOL: EASTER VACATION	3 String Cheese & Crackers	4 Pretzels & Applesauce	5 Pasta & Cheese	6 Graham Crackers & Milk	7
8	9 Apples & Pretzels	10 Cottage Cheese & Pineapple	11 FIELD TRIP: STRAWBERRY PATCH	12 Cereal & Milk	13 Popcorn & Raisins	14
15	16 Pita Bread & Yogurt Cheese	17 Veggies & Ranch	18 Pasta & Cheese	19 Bean Dip & Chips	20 NO SCHOOL: STAFF DEVELOPMENT	21
22	23 Yogurt & Granola	24 Graham Crackers & Milk	25 String Cheese & Crackers	26 Popcorn & Cranberries	27 Bagels & Jam	28
29	30 Cereal & Milk					