

November Snack Menu

CHALK Preschool off
Hermosa Beach

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Morning Waffle Fruit Afternoon Pita Chips Hummus	2 Morning Brown Rice Roller String Cheese Afternoon Fig Bar	3 Morning Belvita Biscuits Afternoon Goldfish Raisins
6 Morning Snap Pea Crisps Fruit Afternoon Graham Cracker Raisins	7 Morning Cheerios Craisins Afternoon Crackers Fruit & Veggie Pouch	8 Morning English Muffin Mixed Berries Afternoon Cheez It Fruit Roll	9 Morning Pretzels Cheese Afternoon Goldfish Fruit	10 Closed Veterans Day
13 Morning Waffle Fruit Afternoon Crackers String Cheese	14 Morning Pita Chips Hummus Afternoon Goldfish Raisins	15 Morning Brown Rice Roller Fruit Afternoon Fig Bar	16 Morning Cheerios Craisins Afternoon Crackers Fruit & Veggie Pouch	17 Morning Graham Cracker Apple Sauce Afternoon Pretzels Fruit
20 Morning English Muffin Mixed Berries Afternoon Cheez It Fruit Roll	21 Morning Snap Pea Crisps String Cheese Afternoon Graham Cracker Raisins	22 Closed	23 Closed	24 Closed
27 Morning Pita Chips Hummus Afternoon Fig Bar	28 Morning Brown Rice Roller String Cheese Afternoon Pretzel Fruit	29 Morning Cheerios Craisins Afternoon Crackers Fruit & Veggie Pouch	30 Morning Belvita Biscuits Afternoon Goldfish Raisins	1 Closed

SERVING SIZES

CEREAL	1/3 C.
CHEX MIX	1/2 C.
PRETZELS	3 LG/10 SM
MULTIGRAIN CRACKERS	2
GRAHAM CRACKERS	1
TOWNHOUSE/RITZ/CLUB	3
WHEAT THINS	8

WAFFLE	1
BAGEL	1/2
ENGLISH MUFFIN	1/2

BROWN RICE ROLLERS	1
PITA CHIPS	6
SNAP PEA CRISPS	12
VEGGIE STRAWS	18
PIRATES BOOTY	14

NUTRI-GRAIN BARS	1
FRUIT BARS	1
DRIED FRUIT	1/6 C.
FRESH BERRIES	1/4 C.
CHEESE	1
CREAM CHEESE.	1 TBSP
HUMMUS	2 TBSP

APPLESAUCE	1/4 C.
GREEK YOGURT	1/2 C.
BANANA/APPLE CHIPS	8
FROZEN FRUIT	1/4 C.
FRUIT & VEGGIE POUCH	1

WATER IS AVAILABLE TO STUDENTS AT ALL TIMES.

SNACK MENU IS SUBJECT TO CHANGE
BASED UPON AVAILABILITY.