

February Snack Menu

CHALK PRESCHOOL OF
RANCHO PALOS VERDES

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Morning Pita Chips Hummus Afternoon Goldfish Berries	2
5	6 Morning Cheerios Berries Afternoon Pretzels Raisins	7 Morning Yogurt Fruit Afternoon Hummus Pita Chips	8 Morning Graham Cracker Raisins Afternoon Fig Bar	9
12 Morning Cheerios Craisins Afternoon Pretzels Fruit Bar	13 Morning Pita Chips Hummus Afternoon Crackers String Cheese	14 Morning Crackers Cheese Afternoon Goldfish Raisins	15 Morning Yogurt Fruit Afternoon Graham Crackers Fruit	16 Morning Cheerios Apple Sauce Afternoon Fig Bar
19 Closed President's Day	20 Morning Crackers String Cheese Afternoon Graham Cracker Fruit	21 Morning Cheerios Fruit Afternoon Pretzels Apple Sauce	22 Morning Yogurt Fruit Afternoon Hummus Pita Chips	23 Morning Fig Bar Afternoon Cheerios Raisins
26 Morning Crackers String Cheese Afternoon Pretzel Fruit	27 Morning Pretzels Hummus Afternoon Fig Bar	28 Morning Graham Crackers Mixed Berries Afternoon Goldfish Fruit Bar	29 Morning Yogurt Fruit Afternoon Crackers Apple Sauce	

WATER IS AVAILABLE TO STUDENTS AT ALL TIMES.

SNACK MENU IS SUBJECT TO CHANGE
BASED UPON AVAILABILITY.

