

April Snack Menu

CHALK PRESCHOOL OF
HERMOSA BEACH

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	CLOSED SPRING BREAK		
8 Morning Cheerios Fruit Afternoon Multi Grain Crackers Hummus	9 Morning English Muffin Strawberry Jam Afternoon Graham Cracker Apple Sauce	10 Morning Pita Chips Avocado Afternoon Graham Crackers Raisins	11 Morning Pretzels Hummus Afternoon Fig Bar	12 Morning Goldfish Fruit Afternoon Multigrain Cracker Craisins
15 Morning Bagel Cream Cheese Afternoon Crackers Fruit	16 Morning Brown Rice Rollers Craisins Afternoon Veggie Straws Raisins	17 Morning Pretzels Fruit Bar Afternoon Multi Grain Crackers Cheese	18 Morning Cheerios Fruit Afternoon Cucumber Ranch	19 Morning Waffle Fruit Afternoon Snap Pea Crisps Fruit & Veggie Pouch
22 Morning Yogurt Fruit Afternoon Pretzels Avocado	23 Morning English Muffin Avocado Afternoon Graham Cracker Fruit	24 Morning Brown Rice Rollers Fruit Afternoon Snap Pea Crisps Fruit Bar	25 Morning Waffles Fruit Afternoon Multi Grain Crackers Raisins	26 Morning Pretzels String Cheese Afternoon Fig Bar
29 Morning Bagel Cream Cheese Afternoon Pretzel Fruit & Veggie Pouch	30 Morning Veggie Straws Hummus Afternoon Fig Bar	1 Morning English Muffin Strawberry Jam Afternoon Cheerios Fruit Roll	2 Morning Waffle Fruit Afternoon Multi Grain Crackers Apple Sauce	3 Morning Pretzels Avocado Afternoon Veggie Straws Raisins

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	1/4
ENGLISH MUFFIN	1/2
BROWN RICE ROLLERS	1
PITA CHIPS	6
SNAP PEA CRISPS	12
VEGGIE STRAWS	18
PIRATES BOOTY	14
FIG 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.