

May Snack Menu

CHALK PRESCHOOL OF
HERMOSA BEACH

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Morning Pretzels String Cheese Afternoon Fig Bar	2 Morning Brown Rice Rollers Dried Cherries Afternoon Crackers Raisins	3 Morning English Muffin Avocado Afternoon Graham Cracker Fruit
6 Morning Cheerios Fruit Afternoon Pita Chips Hummus	7 Morning English Muffin Strawberry Jam Afternoon Graham Cracker Apple Sauce	8 Morning Yogurt Fruit Afternoon Brown Rice Rollers Raisins	9 Morning Pretzels Craisins Afternoon Fig Bar	10 Morning Goldfish Fruit Afternoon Multigrain Cracker String Cheese
13 Morning Bagel Cream Cheese Afternoon Crackers Fruit	14 Morning Brown Rice Rollers Craisins Afternoon Veggie Straws Raisins	15 Morning Pretzels Fruit Bar Afternoon Multi Grain Crackers Cheese	16 Morning Cheerios Fruit Afternoon Cucumber Ranch	17 Morning Waffle Fruit Afternoon Snap Pea Crisps Fruit & Veggie Pouch
20 Morning Yogurt Fruit Afternoon Pita Chips Avocado	21 Morning English Muffin Strawberry Jam Afternoon Graham Cracker Fruit	22 Morning Brown Rice Rollers Fruit Afternoon Snap Pea Crisps Fruit Bar	23 Morning Waffles Fruit Afternoon Multi Grain Crackers Raisins	24 Morning Multigrain Cracker String Cheese Afternoon Fig Bar
27 Closed Memorial Day	28 Morning Pretzels Hummus Afternoon Fig Bar	29 Morning English Muffin Strawberry Jam Afternoon Cheerios Fruit Roll	30 Morning Waffle Fruit Afternoon Snap Pea Crisps Apple Sauce	31 Morning Pita Chips 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.

