

June Snack Menu

CHALK PRESCHOOL OF
HERMOSA BEACH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Morning Fig Bar Afternoon Pita Chips Hummus	4 Morning English Muffin Strawberry Jam Afternoon Cheerios Fruit Roll	5 Morning Brown Rice Rollers Dried Cherries Afternoon Crackers Raisins	6 Morning Pretzels Fruit Bar Afternoon Multi Grain Crackers Cheese	7 Morning Goldfish Fruit Afternoon Multigrain Cracker Fruit
10 Morning Bagel Cream Cheese Afternoon Crackers Fruit	11 Morning Brown Rice Rollers Craisins Afternoon Pirates Booty Raisins	12 Morning Yogurt Fruit Afternoon Brown Rice Rollers Raisins	13 Morning Cheerios Fruit Afternoon Cucumber Ranch	14 Morning Waffle Fruit Afternoon Snap Pea Crisps Fruit & Veggie Pouch
17 Morning English Muffin Strawberry Jam Afternoon Graham Cracker Fruit	18 Morning Yogurt Fruit Afternoon Pita Chips Hummus	19 Closed Juneteenth	20 Morning Waffles Fruit Afternoon Multi Grain Crackers Cheese	21 Morning Cheerios Fruit Afternoon Cucumber Ranch
24 Morning Pirates Botty Craisins Afternoon Fig Bar	25 Morning English Muffin Strawberry Jam Afternoon Graham Cracker Apple Sauce	26 Morning Pretzels Fruit Bar Afternoon Multi Grain Crackers Dried Cherries	27 Morning Bagel Cream Cheese Afternoon Snap Pea Crisps Apple Sauce	28 Morning Pita Chips Hummus Afternoon Multi Grain Crackers 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.