

June Snack Menu

CHALK PRESCHOOL OF
RANCHO PALOS VERDES

| 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

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|----------------------|------------|
| 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.