

DECEMBER SNACK MENU

CHALK PRESCHOOL
OF TARZANA



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 MORNING YOGURT AFTERNOON PITA CHIPS CUCUMBER & RANCH	3 MORNING FIG BAR AFTERNOON RITZ CRACKERS STRING CHEESE	4 MORNING BLUEBERRY BELVITA BISCUIT AFTERNOON FRESH FRUIT PRETZELS	5 MORNING NUTRI-GRAIN BAR AFTERNOON WHEAT THINS RAISINS	6 MORNING CEREAL AFTERNOON SNAP PEA CRISPS DRIED FRUIT
9 MORNING OATMEAL FROZEN FRUIT AFTERNOON APPLES ALMONDBUTTER	10 MORNING YOGURT AFTERNOON PITA CHIPS CUCUMBER & RANCH	11 MORNING FIG BAR AFTERNOON RITZ CRACKERS STRING CHEESE	12 MORNING CEREAL AFTERNOON SNAP PEA CRISPS DRIED FRUIT	13 MORNING NUTRI-GRAIN BAR AFTERNOON WHEAT THINS RAISINS
16 MORNING FIG BAR AFTERNOON RITZ CRACKERS STRING CHEESE	17 MORNING CEREAL AFTERNOON SNAP PEA CRISPS DRIED FRUIT	18 MORNING OATMEAL FROZEN FRUIT AFTERNOON APPLES ALMONDBUTTER	19 MORNING NUTRI-GRAIN BAR AFTERNOON WHEAT THINS RAISINS	20

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
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
Applesauce	1/4 c.
Greek Yogurt	1/2 c.
Banana/Apple Chips	8
Frozen Fruit	1/4 c.



CLOSED
WINTER BREAK



Water is available to students at all times.

Snack menu is subject to change based upon availability.