



2018 DECEMBER

Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Morning Yogurt & Cinnamon Crackers Afternoon Hummus & Pita Chips	4 Morning Applesauce & Cereal Afternoon Bean & veggie crackers & Cheese	5 Morning Pancakes & Berries Afternoon Wheat Thin & Fruit Cocktail	6 Morning Rice Cakes & Craisins Afternoon Cheese & Ritz Crackers	7 Morning BlueBerry Muffins & Bananas Afternoon Crackers & Dried Fruit
10 Morning Nutri-Grain Bars Afternoon Dried Fruit & Cheddar Crackers	11 Morning Rice Cakes & Craisins Afternoon Wheat Thins & Apples	12 Morning Yogurt & Bananas Afternoon Pretzels and Cheese	13 Morning Cheerios & Craisins Afternoon Goldfish & Raisins	14 Morning Pancakes & Berries Afternoon Nutri-Grain Bars
17 Morning Yogurt & Cinnamon Crackers Afternoon Hummus & Pita Chips	18 Morning Applesauce & Cereal Afternoon Bean & veggie crackers & Cheese	19 Morning Pancakes & Berries Afternoon Wheat Thin & Fruit Cocktail	20 Morning Rice Cakes & Craisins Afternoon Cheese & Ritz Crackers	21
24/31	25	26	27	28
CHALK PRESCHOOL WILL BE CLOSED 12/21-1/6 FOR WINTER BREAK				

Special Notes

*** Water is available to students at all times.
 *** Snack menu is subject to change based on availability.

Serving Sizes

Cereal	1/3 c.
Cereal w/Raisins	1/2 c.
Pretzels	3 lg/10 sm
Multigrain Crackers	2
Graham Crackers	1
Townhouse/Ritz/Club	3
Wheat Thins	8
Cheez-Its	14
Goldfish	20
Veggie Chips	11
Pita Chips	3
Veggie Straws	18
Pirates Booty	14
Pub Mix	1/2 c.
Chex Mix	1/2 c.
Sea Salt Crisps	14
Tortilla Chips	11
Fruit Bars	1
Dried Fruit	1/6 c.
Frozen Berries	1/4 c.
Cheese	1
Fruit Snacks	1
Applesauce	1/4 c.
Greek Yogurt	1/2 c.
Apple Chips	8

