

# September Snack Menu

CHALK PRESCHOOL OF RANCHO PALOS VERDES

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Closed for Labor Day
4 <b>Morning</b> Pita Chips Hummus <b>Afternoon</b> Fig Bar	5 <b>Morning</b> Oatmeal Square Craisins <b>Afternoon</b> Crackers Fruit & Veggie Pouch	6 <b>Morning</b> Graham Cracker Apple Sauce <b>Afternoon</b> Pretzels Fruit	7 <b>Morning</b> Cheerios Raisins <b>Afternoon</b> Graham Crackers Fruit	8 <b>Morning</b> Fruit Waffle <b>Afternoon</b> Goldfish String Cheese
11 <b>Morning</b> Oatmeal Square Craisins <b>Afternoon</b> Crackers Fruit & Veggie Pouch	12 <b>Morning</b> Bagel Cream Cheese <b>Afternoon</b> Goldfish Raisins	13 <b>Morning</b> Fruit Waffle <b>Afternoon</b> Crackers String Cheese	14 <b>Morning</b> Pita Chips Hummus <b>Afternoon</b> Fig Bar	15 <b>Morning</b> Cheerios Raisins <b>Afternoon</b> Graham Crackers Fruit
18 <b>Morning</b> Graham Crackers Fruit <b>Afternoon</b> Pita Chips Hummus	19 <b>Morning</b> Pita Chips Hummus <b>Afternoon</b> Graham Crackers Mango	20 <b>Morning</b> English Muffin Mixed Berries <b>Afternoon</b> Cheez It Fruit Roll	21 <b>Morning</b> Oatmeal Square Craisins <b>Afternoon</b> Crackers Fruit & Veggie Pouch	22 <b>Morning</b> Bagel Cream Cheese <b>Afternoon</b> Goldfish Raisins
25 <b>Morning</b> Graham Cracker Fruit <b>Afternoon</b> Pretzels String Cheese	26 <b>Morning</b> English Muffin Mixed Berries <b>Afternoon</b> Cheez It Dried Fruit	27 <b>Morning</b> Oatmeal Square Craisins <b>Afternoon</b> Graham Crackers Mango	28 <b>Morning</b> Pita Chips Hummus <b>Afternoon</b> Crackers Fruit & Veggie Pouch	29 <b>Morning</b> English Muffin Mixed Berries <b>Afternoon</b> Cheez It Fruit Roll

## 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 1/2  
English Muffin 1/2

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.

**Water is available to students  
at all times.**

*Snack menu is subject to  
change based upon  
availability.*