

2019

September Snack Calendar



Each classroom has portion size posted, or you can look in Parent Hand Book online at:

(www.centralmethodistnurseryschool.com)

Water is served daily.

ALTERNATE SNACK: 100% Apple Sauce and Graham Crackers

You may provide a different snack-must follow required guidelines and check with your teacher.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|--|--|--|-----------|
| 1 | 2 Labor Day | 3 Whole wheat cracker, sliced cheese, orange slices | 4 Teddy Grahams, grape halves, 1% milk | 5 Bagel, cream cheese, raisins | 6 Pretzels, hummus, petite carrots | 7 |
| 8 | 9 Veggie straws, cucumber circles | 10 Whole wheat cracker, sunflower butter, apple slices | 11 Goldfish crackers, string cheese | 12 Nilla wafer, yogurt, banana | 13 Tortilla chips, mild salsa, bean dip | 14 |
| 15 | 16 Whole wheat cracker, sliced cheese, orange slices | 17 Teddy Grahams, grape halves, 1% milk | 18 Bagel, cream cheese, raisins | 19 Pretzels, hummus, petite carrots | 20 Veggie straws, cucumber circles | 21 |
| 22 | 23 Whole wheat cracker, sunflower butter, apple slices | 24 Goldfish crackers, string cheese | 25 Nilla wafer, yogurt, banana | 26 Tortilla chips, mild salsa, bean dip | 27 Whole wheat cracker, sliced cheese, orange slices | 28 |
| 29 | 30 Teddy Grahams, grape halves, 1% milk | | | | | |

2019

October Snack Calendar



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 (www.centralmethodistnurseryschool.com) **Water is served daily.**
ALTERNATE SNACK: 100% Apple Sauce and Graham Crackers
 You may provide a different snack-must follow required guidelines and check with your teacher.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|--|--|--|---|-----------|
| | | 1 Bagel, cream cheese, raisins | 2 Pretzels, hummus, petite carrots | 3 Veggie straws, cucumber circles | 4 Whole wheat cracker, sunflower butter, apple slices | 5 |
| 6 | 7 Goldfish crackers, string cheese | 8 Nilla wafer, yogurt, banana | 9 Tortilla chips, mild salsa, bean dip | 10 Whole wheat cracker, sliced cheese, orange slices | 11 Teddy Grahams, grape halves, 1% milk | 12 |
| 13 | 14 Bagel, cream cheese, raisins | 15 Pretzels, hummus, petite carrots | 16 Veggie straws, cucumber circles | 17 Whole wheat cracker, sunflower butter, apple slices | 18 Goldfish crackers, string cheese | 19 |
| 20 | 21 Nilla wafer, yogurt, banana | 22 Tortilla chips, mild salsa, bean dip | 23 Whole wheat cracker, sliced cheese, orange slices | 24 Teddy Grahams, grape halves, 1% milk | 25 Bagel, cream cheese, raisins | 26 |
| 27 | 28 Pretzels, hummus, petite carrots | 29 Veggie straws, cucumber circles | 30 Whole wheat cracker, sunflower butter, apple slices | 31 Goldfish crackers, string cheese | | |

2019

November Snack Calendar



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ALTERNATE SNACK: 100% Apple Sauce and Graham Crackers

You may provide a different snack-must follow required guidelines and check with your teacher.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|---|--|---|---|-----------|
| | | | | | 1 Nilla wafer, yogurt, banana | 2 |
| 3 | 4 Tortilla chips, mild salsa, bean dip | 5 Whole wheat cracker, sliced cheese, orange slices | 6 Teddy Grahams, dried apricots, 1% milk | 7 Bagel, cream cheese, raisins | 8 Pretzels, hummus, petite carrots | 9 |
| 10 | 11 Veterans Day | 12 Veggie straws, cucumber circles | 13 Whole wheat cracker, sunflower butter, apple slices | 14 Goldfish crackers, string cheese | 15 Nilla wafer, yogurt, banana | 16 |
| 17 | 18 Whole wheat cracker, sliced cheese, orange slices | 19 Tortilla chips, mild salsa, bean dip | 20 Teddy Grahams, dried apricots, 1% milk | 21 Class Potluck See Sign Up Sheet on Bulletin Board | 22 Class Potluck See Sign Up Sheet on Bulletin Board | 23 |
| 24 | 25 No School | 26 No School | 27 No School | 28 Thanksgiving Day | 29 No School | 30 |

2019

December Snack Calendar



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ALTERNATE SNACK: 100% Apple Sauce and Graham Crackers

You may provide a different snack-must follow required guidelines and check with your teacher.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|--|--|---|---|-----------|
| 1 | 2 Whole wheat cracker, sliced cheese, orange slices | 3 Teddy Grahams, dried apricots, 1% milk | 4 Bagel, cream cheese, raisins | 5 Pretzels, hummus, petite carrots | 6 Veggie straws, cucumber circles | 7 |
| 8 | 9 Whole wheat cracker, sunflower butter, apple slices | 10 Goldfish crackers, string cheese | 11 Tortilla chips, mild salsa, bean dip | 12 Nilla wafer, yogurt, banana | 13 Teddy Grahams, dried apricots, 1% milk | 14 |
| 15 | 16 Pretzels, hummus, petite carrots | 17 Bagel, cream cheese, raisins | 18 Veggie straws, cucumber circles | 19 Class Party See Sign Up Sheet on Bulletin Board | 20 Class Party See Sign Up Sheet on Bulletin Board | 21 |
| 22 | 23 No School | 24 No School | 25 Christmas | 26 No School | 27 No School | 28 |
| 29 | 30 No School | 31 No School | | | | |

2020

January Snack Calendar



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ALTERNATE SNACK: 100% Apple Sauce and Graham Crackers

You may provide a different snack-must follow required guidelines and check with your teacher.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|---|--|---|-----------|
| | | | 1 New Year's Day | 2 No School | 3 No School | 4 |
| 5 | 6 No School Teacher Workday Only | 7 Whole wheat cracker, sliced cheese, orange slices | 8 Teddy Grahams, dried apricots, 1% milk | 9 Bagel, cream cheese, raisins | 10 Pretzels, hummus, petite carrots | 11 |
| 12 | 13 Veggie straws, cucumber circles | 14 Whole wheat cracker, sunflower butter, apple slices | 15 Goldfish crackers, string cheese | 16 Tortilla chips, mild salsa, bean dip | 17 Whole wheat cracker, sliced cheese, orange slices | 18 |
| 19 | 20 M. L. King's Day | 21 Teddy Grahams, dried apricots, 1% milk | 22 Bagel, cream cheese, raisins | 23 Pretzels, hummus, petite carrots | 24 Veggie straws, cucumber circles | 25 |
| 26 | 27 Whole wheat cracker, sunflower butter, apple slices | 28 Goldfish crackers, string cheese | 29 Tortilla chips, mild salsa, bean dip | 30 Greg and Steve Concert | 31 Greg and Steve Concert | |

2020

February Snack Calendar



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ALTERNATE SNACK: 100% Apple Sauce and Graham Crackers

You may provide a different snack-must follow required guidelines and check with your teacher.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|--|---|--|-----------|
| | | | | | | 1 |
| 2 | 3 Nilla wafer, yogurt, banana | 4 Whole wheat cracker, sliced cheese, orange slices | 5 Teddy Grahams, dried apricots, 1% milk | 6 Bagel, cream cheese, raisins | 7 Pretzels, hummus, petite carrots | 8 |
| 9 | 10 Abraham Lincoln's Day | 11 Veggie straws, cucumber circles | 12 Whole wheat cracker, sunflower butter, apple slices | 13 Goldfish crackers, string cheese | 14 Tortilla chips, mild salsa, bean dip | 15 |
| 16 | 17 President's Day | 18 Nilla wafer, yogurt, banana | 19 Whole wheat cracker, sliced cheese, orange slices | 20 Teddy Grahams, dried apricots, 1% milk | 21 Bagel, cream cheese, raisins | 22 |
| 23 | 24 Pretzels, hummus, petite carrots | 25 Veggie straws, cucumber circles | 26 Whole wheat cracker, sunflower butter, apple slices | 27 Tortilla chips, mild salsa, bean dip | 28 Goldfish crackers, string cheese | 29 |

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March Snack Calendar



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ALTERNATE SNACK: 100% Apple Sauce and Graham Crackers

You may provide a different snack-must follow required guidelines and check with your teacher.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|--|--|--|--|-----------|
| 1 | 2 Nilla wafer, yogurt, banana | 3 Whole wheat cracker, sliced cheese, orange slices | 4 Teddy Grahams, dried apricots, 1% milk | 5 Bagel, cream cheese, raisins | 6 Pretzels, hummus, petite carrots | 7 |
| 8 | 9 Veggie straws, cucumber circles | 10 Whole wheat cracker, sunflower butter, apple slices | 11 Goldfish crackers, string cheese | 12 Nilla wafer, yogurt, banana | 13 Whole wheat cracker, sliced cheese, orange slices | 14 |
| 15 | 16 Teddy Grahams, dried apricots, 1% milk | 17 Bagel, cream cheese, raisins | 18 Pretzels, hummus, petite carrots | 19 Veggie straws, cucumber circles | 20 Whole wheat cracker, sunflower butter, apple slices | 21 |
| 22 | 23 Goldfish crackers, string cheese | 24 Tortilla chips, mild salsa, bean dip | 25 Nilla wafer, yogurt, banana | 26 Whole wheat cracker, sliced cheese, orange slices | 27 Teddy Grahams, dried apricots, 1% milk | 28 |
| 29 | 30 Bagel, cream cheese, raisins | 31 Pretzels, hummus, petite carrots | | | | |

2020

April Snack Calendar

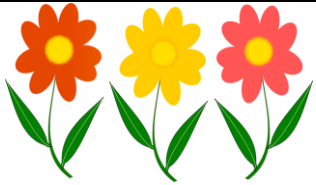


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ALTERNATE SNACK: 100% Apple Sauce and Graham Crackers
 You may provide a different snack-must follow required guidelines and check with your teacher.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------|---|--|---|--|---|-----------|
| | | | 1 Tortilla chips, mild salsa, bean dip | 2 Nilla wafer, yogurt, banana | 3 Whole wheat cracker, sliced cheese, orange slices | 4 |
| 5 | 6 No School | 7 No School | 8 No School | 9 No School | 10 Good Friday | 11 |
| 12 Easter Sunday | 13 No School | 14 Tortilla chips, mild salsa, bean dip | 15 Nilla wafer, yogurt, banana | 16 Whole wheat cracker, sliced cheese, orange slices | 17 Teddy Grahams, strawberries, 1% milk | 18 |
| 19 | 20 Bagel, cream cheese, raisins | 21 Pretzels, hummus, petite carrots | 22 Veggie straws, cucumber circles | 23 Whole wheat cracker, sunflower butter, apple slices | 24 Goldfish crackers, string cheese | 25 |
| 26 | 27 Nilla wafer, yogurt, banana | 28 Whole wheat cracker, sliced cheese, orange slices | 29 Teddy Grahams, strawberries, 1% milk | 30 Bagel, cream cheese, raisins | | |

2020

May Snack Calendar



Each classroom has portion size posted, or you can look in Parent Hand Book online at:

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Water is served daily.

ALTERNATE SNACK: 100% Apple Sauce and Graham Crackers

You may provide a different snack-must follow required guidelines and check with your teacher.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|--|---|--|--|---|-----------|
| | | | | | 1 Pretzels, hummus, petite carrots | 2 |
| 3 | 4 Veggie straws, cucumber circles | 5 Whole wheat cracker, sunflower butter, apple slices | 6 Goldfish crackers, string cheese | 7 Nilla wafer, yogurt, banana | 8 Whole wheat cracker, sliced cheese, orange slices | 9 |
| 10 Mother's Day | 11 Teddy Grahams, strawberries, 1% milk | 12 Bagel, cream cheese, raisins | 13 Tortilla chips, mild salsa, bean dip | 14 Pretzels, hummus, petite carrots | 15 Veggie straws, cucumber circles | 16 |
| 17 | 18 Whole wheat cracker, sunflower butter, apple slices | 19 Goldfish crackers, string cheese | 20 Nilla wafer, yogurt, banana | 21 Whole wheat cracker, sliced cheese, orange slices | 22 Class Party See Sign Up Sheet on Bulletin Board | 23 |
| 24 | 25 Memorial's Day | 26 | 27 | 28 | 29 | 30 |

