

2022

# September Snack Calendar



Each classroom has portion size posted, or you can look in Parent Hand Book online at:  
([www.centralmethodistnurseryschool.com](http://www.centralmethodistnurseryschool.com))

**Water is served daily.**

**ALTERNATE SNACK: Raisins 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
				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Labor Day	<b>6</b> Graham Crackers, Bananas, 1% Milk	<b>7</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>8</b> Pretzels, Carrots, Ranch Dressing, Water	<b>9</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>10</b>
<b>11</b>	<b>12</b> WhlWht Crackers, Cheese Slice, Apple, Water	<b>13</b> Teddy Grahams, Yogurt, Water	<b>14</b> Pretzels, Cucumber Slices Water	<b>15</b> Veggie Straws, Orange Smiles, Water	<b>16</b> Graham Crackers, Bananas, 1% Milk	<b>17</b>
<b>18</b>	<b>19</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>20</b> Pretzels, Carrots, Ranch Dressing, Water	<b>21</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>22</b> WhlWht Crackers, Cheese Slice, Apple, Water	<b>23</b> Teddy Grahams, Yogurt, Water	<b>24</b>
<b>25</b>	<b>26</b> Pretzels, Cucumber Slices Water	<b>27</b> Veggie Straws, Orange Smiles, Water	<b>28</b> Graham Crackers, Bananas, 1% Milk	<b>29</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>30</b> Pretzels, Carrots, Ranch Dressing, Water	

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# October Snack Calendar



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**Water is served daily.**

**ALTERNATE SNACK: Raisins 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
<b>2</b>	<b>3</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>4</b> WhiWht Crackers, Cheese Slice, Apple, Water	<b>5</b> Teddy Grahams, Yogurt, Water	<b>6</b> Pretzels, Cucumber Slices Water	<b>7</b> Veggie Straws, Orange Smiles, Water	<b>8</b>
<b>9</b>	<b>10</b> Graham Crackers, Bananas, 1% Milk	<b>11</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>12</b> Pretzels, Carrots, Ranch Dressing, Water	<b>13</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>14</b> WhiWht Crackers, Cheese Slice, Apple, Water	<b>15</b>
<b>16</b>	<b>17</b> Teddy Grahams, Yogurt, Water	<b>18</b> Pretzels, Cucumber Slices Water	<b>19</b> Veggie Straws, Orange Smiles, Water	<b>20</b> Graham Crackers, Bananas, 1% Milk	<b>21</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>22</b>
<b>23</b>	<b>24</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>25</b> WhiWht Crackers, Cheese Slice, Apple, Water	<b>26</b> Teddy Grahams, Yogurt, Water	<b>27</b> Pretzels, Cucumber Slices Water	<b>28</b> Veggie Straws, Orange Smiles, Water	<b>29</b>
<b>30</b>	<b>31</b> Halloween Graham Crackers, Bananas, 1% Milk					

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# November Snack Calendar



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**ALTERNATE SNACK: Raisins 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
		<b>1</b> Graham Crackers, Bananas, 1% Milk _____	<b>2</b> Gold Fish Cr., String Cheese, Raisins, Water _____	<b>3</b> Pretzels, Carrots, Ranch Dressing, Water _____	<b>4</b> Nilla Wafers, Grape Halves, 1 % Milk _____	<b>5</b>
<b>6</b>	<b>7</b> WhlWht Crackers, Cheese Slice, Apple, Water _____	<b>8</b> Teddy Grahams, Yogurt, Water _____	<b>9</b> Pretzels, Cucumber Slices Water _____	<b>10</b> Veggie Straws, Orange Smiles, Water _____	<b>11</b> Veterans Day	<b>12</b>
<b>13</b>	<b>14</b> Graham Crackers, Bananas, 1% Milk _____	<b>15</b> Gold Fish Cr., String Cheese, Raisins, Water _____	<b>16</b> Pretzels, Carrots, Ranch Dressing, Water _____	<b>17</b> Nilla Wafers, Grape Halves, 1 % Milk _____	<b>18</b> WhlWht Crackers, Cheese Slice, Apple, Water _____	<b>19</b>
<b>20</b>	<b>21</b> Thanksgiving Break	<b>22</b> Thanksgiving Break	<b>23</b> Thanksgiving Break	<b>24</b> Thanksgiving Day	<b>25</b> Thanksgiving Break	<b>26</b>
<b>27</b>	<b>28</b> Teddy Grahams, Yogurt, Water _____	<b>29</b> Pretzels, Cucumber Slices Water _____	<b>30</b> Veggie Straws, Orange Smiles, Water _____			

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# December Snack Calendar



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**ALTERNATE SNACK: Raisins 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
				<b>1</b> Graham Crackers, Bananas, 1% Milk _____	<b>2</b> Gold Fish Cr., String Cheese, Raisins, Water _____	<b>3</b>
<b>4</b>	<b>5</b> Pretzels, Carrots, Ranch Dressing, Water _____	<b>6</b> Nilla Wafers, Grape Halves, 1 % Milk _____	<b>7</b> WhIWht Crackers, Cheese Slice, Apple, Water _____	<b>8</b> Teddy Grahams, Yogurt, Water _____	<b>9</b> Pretzels, Cucumber Slices Water _____	<b>10</b>
<b>11</b>	<b>12</b> Veggie Straws, Orange Smiles, Water _____	<b>13</b> Graham Crackers, Bananas, 1% Milk _____	<b>14</b> Gold Fish Cr., String Cheese, Raisins, Water _____	<b>15</b> Pretzels, Carrots, Ranch Dressing, Water _____	<b>16</b> Nilla Wafers, Grape Halves, 1 % Milk _____	<b>17</b>
<b>18</b>	<b>19</b> WhIWht Crackers, Cheese Slice, Apple, Water _____	<b>20</b> Teddy Grahams, Yogurt, Water _____	<b>21</b> Pretzels, Cucumber Slices Water _____	<b>22</b> Veggie Straws, Orange Smiles, Water _____	<b>23</b> Class Party See sign-up sheet.	<b>24</b>
<b>25</b> Christmas	<b>26</b> Christmas Break	<b>27</b> Christmas Break	<b>28</b> Christmas Break	<b>29</b> Christmas Break	<b>30</b> Christmas Break	<b>31</b>

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# January Snack Calendar



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**ALTERNATE SNACK: Raisins 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
<b>1</b> New Year's Day	<b>2</b> New Year's Day Holiday	<b>3</b> Winter Break	<b>4</b> Winter Break	<b>5</b> Winter Break	<b>6</b> Winter Break	<b>7</b>
<b>8</b>	<b>9</b> Staff Only Workday	<b>10</b> Graham Crackers, Bananas, 1% Milk	<b>11</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>12</b> Pretzels, Carrots, Ranch Dressing, Water	<b>13</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>14</b>
<b>15</b>	<b>16</b> M L King Day	<b>17</b> WhlWht Crackers, Cheese Slice, Apple, Water	<b>18</b> Teddy Grahams, Yogurt, Water	<b>19</b> Veggie Straws, Orange Smiles, Water	<b>20</b> Pretzels, Cucumber Slices Water	<b>21</b>
<b>22</b>	<b>23</b> Graham Crackers, Bananas, 1% Milk	<b>24</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>25</b> Pretzels, Carrots, Ranch Dressing, Water	<b>26</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>27</b> WhlWht Crackers, Cheese Slice, Apple, Water	<b>28</b>
<b>29</b>	<b>30</b> Teddy Grahams, Yogurt, Water	<b>31</b> Pretzels, Cucumber Slices Water				

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# February Snack Calendar



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**ALTERNATE SNACK: Raisins 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
			<b>1</b> Veggie Straws, Orange Smiles, Water	<b>2</b> Graham Crackers, Bananas, 1% Milk	<b>3</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>4</b>
<b>5</b>	<b>6</b> Pretzels, Carrots, Ranch Dressing, Water	<b>7</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>8</b> WhlWht Crackers, Cheese Slice, Apple, Water	<b>9</b> Teddy Grahams, Yogurt, Water	<b>10</b> Pretzels, Cucumber Slices Water	<b>11</b>
<b>12</b>	<b>13</b> <u>Lincoln's Day</u>	<b>14</b> Veggie Straws, Orange Smiles, Water	<b>15</b> Graham Crackers, Bananas, 1% Milk	<b>16</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>17</b> Pretzels, Carrots, Ranch Dressing, Water	<b>18</b>
<b>19</b>	<b>20</b> Presidents' Day	<b>21</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>22</b> WhlWht Crackers, Cheese Slice, Apple, Water	<b>23</b> Teddy Grahams, Yogurt, Water	<b>24</b> Pretzels, Cucumber Slices Water	<b>25</b>
<b>26</b>	<b>27</b> Graham Crackers, Bananas, 1% Milk	<b>28</b> Gold Fish Cr., String Cheese, Raisins, Water				

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# March Snack Calendar



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**ALTERNATE SNACK: Raisins 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
			<b>1</b> Pretzels, Carrots, Ranch Dressing, Water	<b>2</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>3</b> WhIWht Crackers, Cheese Slice, Apple, Water	<b>4</b>
<b>5</b>	<b>6</b> Teddy Grahams, Yogurt, Water	<b>7</b> Pretzels, Cucumber Slices Water	<b>8</b> Veggie Straws, Orange Smiles, Water	<b>9</b> Graham Crackers, Bananas, 1% Milk	<b>10</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>11</b>
<b>12</b>	<b>13</b> Pretzels, Carrots, Ranch Dressing, Water	<b>14</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>15</b> WhIWht Crackers, Cheese Slice, Apple, Water	<b>16</b> Teddy Grahams, Yogurt, Water	<b>17</b> Pretzels, Cucumber Slices Water	<b>18</b>
<b>19</b>	<b>20</b> Veggie Straws, Orange Smiles, Water	<b>21</b> Graham Crackers, Bananas, 1% Milk	<b>22</b> Gold Fish Cr., String Cheese, Raisins, Water	<b>23</b> Pretzels, Carrots, Ranch Dressing, Water	<b>24</b> Nilla Wafers, Grape Halves, 1 % Milk	<b>25</b>
<b>26</b>	<b>27</b> WhIWht Crackers, Cheese Slice, Apple, Water	<b>28</b> Teddy Grahams, Yogurt, Water	<b>29</b> Pretzels, Cucumber Slices Water	<b>30</b> Veggie Straws, Orange Smiles, Water	<b>31</b> Graham Crackers, Bananas, 1% Milk	

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# April Snack Calendar



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**ALTERNATE SNACK: Raisins and Graham Crackers**

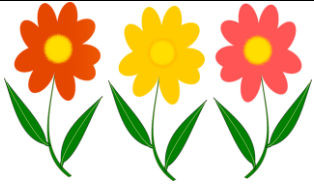
You may provide a different snack-must follow required guidelines and check with your teacher.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> Easter Break	<b>4</b> Easter Break	<b>5</b> Easter Break	<b>6</b> Easter Break	<b>7</b> Easter Break	<b>8</b>
<b>9</b> Easter Sunday	<b>10</b> No School	<b>11</b> Graham Crackers, Bananas, 1% Milk _____	<b>12</b> Gold Fish Cr., String Cheese, Raisins, Water _____	<b>13</b> Pretzels, Carrots, Ranch Dressing, Water _____	<b>14</b> Nilla Wafers, Grape Halves, 1 % Milk _____	<b>15</b>
<b>16</b>	<b>17</b> WhlWht Crackers, Cheese Slice, Apple, Water _____	<b>18</b> Teddy Grahams, Yogurt, Water _____	<b>19</b> Pretzels, Cucumber Slices Water _____	<b>20</b> Veggie Straws, Orange Smiles, Water _____	<b>21</b> Graham Crackers, Bananas, 1% Milk _____	<b>22</b>
<b>23</b>	<b>24</b> Gold Fish Cr., String Cheese, Raisins, Water _____	<b>25</b> Pretzels, Carrots, Ranch Dressing, Water _____	<b>26</b> Nilla Wafers, Grape Halves, 1 % Milk _____	<b>27</b> WhlWht Crackers, Cheese Slice, Apple, Water _____	<b>28</b> Teddy Grahams, Yogurt, Water _____	<b>29</b>



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# May Snack Calendar



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**ALTERNATE SNACK: Raisins 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
	<b>1</b>	<b>2</b>	<b>3</b> Graham Crackers, Bananas, 1% Milk _____	<b>4</b> Gold Fish Cr., String Cheese, Raisins, Water _____	<b>5</b> Pretzels, Carrots, Ranch Dressing, Water _____	<b>6</b>
<b>7</b>	<b>8</b> Nilla Wafers, Grape Halves, 1 % Milk _____	<b>9</b> WhlWht Crackers, Cheese Slice, Apple, Water _____	<b>10</b> Teddy Grahams, Yogurt, Water _____	<b>11</b> Pretzels, Cucumber Slices Water _____	<b>12</b> Veggie Straws, Orange Smiles, Water _____	<b>13</b>
<b>14</b> Mother's Day	<b>15</b> Graham Crackers, Bananas, 1% Milk _____	<b>16</b> Gold Fish Cr., String Cheese, Raisins, Water _____	<b>17</b> Pretzels, Carrots, Ranch Dressing, Water _____	<b>18</b> Nilla Wafers, Grape Halves, 1 % Milk _____	<b>19</b> WhlWht Crackers, Cheese Slice, Apple, Water _____	<b>20</b>
<b>21</b>	<b>22</b> Teddy Grahams, Yogurt, Water _____	<b>23</b> Pretzels, Cucumber Slices Water _____	<b>24</b> Veggie Straws, Orange Smiles, Water _____	<b>25</b> Graham Crackers, Bananas, 1% Milk _____	<b>26</b> Last Day Party See Sign-Up Sheet	<b>27</b>
<b>28</b>	<b>29</b> Memorial Day	<b>30</b>	<b>31</b>			