

Preschool Snacks Columbia Elementary School – September, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Snack	LABOR DAY NO SCHOOL	Scooby Doo 21g Grahms 8 oz 1% White Milk 11g	1 Sliced apple 18g 4 oz Yogurt 15 g 8 oz water	Baby Carrots 12g 1/2 Cup With Dip 5g 4 oz Apple Juice 13g	1 oz W/G Rice Chex Cereal 24g 8 oz 1% White Milk 11g
	9	10	11	12	13
Snack	Goldfish Crackers 14g With 8 oz white Milk 11g	Banana 27g With 4 oz Grape Juice 19g	W /G Munchie Mix 17g 4 oz Fruit Juice 14g	Mixed berry Fruit Cup 4 oz 20g 8 oz White Milk 11g	Scooby Doo Grams 21g 8 oz White Milk 11g
	16	17	18	19	20
Snack	w 1oz W/G Cereal Cheerio 20g 20 8 oz Milk 11g	Orange Wedges 21g 8 oz 1 % White Milk 11g	W/G Goldfish 14g 4 oz Apple Juice 13g	Strawberry Cup 4 oz 22g 8oz 1% White Milk 11g	Cheese Stick 1g With W/G Crackers 5g 4 oz Grape Juice 19g
	23	24	25	26	27
Snack	Munchie Mix 17g 8oz 1% White Milk 11g	Celery Sticks 3g 4 oz Yogurt 15g 6 oz Fruit Juice 14 g	Scooby Doo Grams 21g 8oz 1% White Milk 11g	Whole Grain 1oz Rice Chex Cereal 24g 8 oz 1% White Milk 11g	PROFESSIONAL DEVELOPMENT DAY NO SCHOOL FOR STUDENTS
	30	For children with special needs water or Juice will be available as needed.			
Snack	W/G Goldfish Crackers 14g 4oz Apple Juice 13g	Red Highlights are carbohydrate counts			

