



December 2018 - Snack



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 1 Tbsp lowfat Ranch dressing ½ cup carrot sticks ½ oz. wheat crackers Water	4 2 mini muffins ½ cup 1% milk Water	5 2 mini muffins ½ cup 1% milk Water	6 1 Mini bagel ½ oz. reduced fat Strawberry cream cheese Water	7 ½ oz. reduced fat cheddar cheese ½ oz. pretzel sticks Water	8
9	10 1 granola bar ½ cup fresh fruit Water	11 ½ oz. reduced fat cheddar cheese ½ oz. pretzel sticks Water	12 ½ oz hummus 1.2 oz whole grain pita chips Carrot sticks Water	13 1 Tbsp lowfat Ranch dressing ½ cup carrot sticks ½ oz. wheat crackers Water	14 1 Mini bagel ½ oz. reduced fat Strawberry cream cheese Water	15
16	17 Christmas parties and chapel	18 Christmas parties and chapel	19 ½ oz. reduced fat cheddar cheese ½ oz. pretzel sticks Water	20 ½ oz hummus 1.2 oz whole grain pita chips Carrot sticks Water	21 Merry Christmas... No preschool	22
23	24	25 The reason for the season ☺	26	27	28	29