November 2026

Preschool Snack Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 AM:Pancakes (1 ss), fruit (140g), milk (1 cup) PM:Goldfish (0.75oz), fruit (140g), milk (1 cup)	3 AM: Cereal (1 ss), fruit (140g), milk (1 cup) PM:Pretzels (1oz),String Cheese(1ss), fruit (140g) milk (1 cup)	4 AM: Waffles (1 ss), fruit (140g), milk (1 cup) PM:Teddy Grahams (0.75oz), String Cheese(1ss), fruit (140g), milk (1 cup)	5 AM: French Toast (1ss), fruit (140g), milk (1 cup) PM:Animal Crackers (1ss), fruit (140g), milk (1 cup)	6 AM:Graham crackers (1/4 cup), cream cheese (1ss), fruit (140g), milk (1 cup) PM:Cheez-It (1.5oz), fruit (140g), milk (1 cup)	7
8	9 AM:Ritz Crackers (1ss), String Cheese (1 ss), fruit (140g), milk (1 cup) PM: Cheez-It (1.5oz), fruit (140g), milk (1 cup)	10 AM: French Toast (1ss), fruit (140g), milk (1 cup) PM:Mini cheese ritz crackers (1.5oz), fruit (140g), milk (1 cup)	11 AM: Waffles (1 ss), fruit (140g), milk (1 cup) PM:Teddy Grahams (0.75oz), String Cheese(1ss), fruit (140g), milk (1 cup)	12 AM:Pancakes (1 ss), fruit (140g), milk (1 cup) PM:Goldfish (0.75oz), fruit (140g), milk (1 cup)	13 AM: Blueberry Muffins (1 ss), fruit (140g), milk (1 cup) PM:Cereal (1 ss), fruit (140g), milk (1 cup)	14
15	16 AM:Graham crackers (1/4 cup), cream cheese (1ss), fruit (140g), milk (1 cup) PM:Waffles (1 ss), fruit (140g), milk (1 cup)	17 AM:Pancakes (1 ss), fruit (140g), milk (1 cup) PM:Nutri Grain Bar (1 bar), String Cheese(1ss), fruit (140g), milk (1 cup)	18 AM: Yogurt (113.4g), fruit (140g), milk (1 cup) PM:Animal Crackers (1ss), fruit (140g), milk (1 cup)	19 AM:Bagel (1ss), cream cheese (1ss), fruit (140g), milk (1 cup) PM: Ritz Crackers (1ss), String Cheese (1 ss), fruit (140g), milk (1 cup)	20 AM:Quesadilla (1ss), slice cheese (1 slice), fruit (140g), milk (1 cup) PM: Nutri Grain Bar (1 bar), String Cheese(1ss), fruit (140g), milk (1 cup)	21
22	23 AM:Goldfish (0.75oz), fruit (140g), milk (1 cup) PM:Graham crackers (1/4 cup), cream cheese (1ss), fruit (140g), milk (1 cup)	24 AM: French Toast (1ss), fruit (140g), milk (1 cup) PM:Mini cheese ritz crackers (1.5oz), fruit (140g), milk (1 cup)	25 AM:Waffles (1 ss), fruit (140g), milk (1 cup) PM:Ritz Crackers (1ss), String Cheese (1ss) (113.4g), fruit (140g), milk (1 cup)	26 **NO SCHOOL**	27 **NO SCHOOL**	28
29	30 AM: French Toast (1ss), fruit (140g), milk (1 cup) PM: Cheez-It (1.5oz), fruit (140g), milk (1 cup)					