

ROYAL CITY COOPERATIVE PRESCHOOL SNACK MENU
Toddler and T/TH pm class
Sept. 2021- June 2022

Please be aware that all snacks must come in the **original packaging** and be **peanut/nut free products**. No bulk foods are allowed.
 *PLEASE CHECK INGREDIENT LISTS FOR PEANUTS, PEANUT OIL, OR “MAY CONTAIN TRACES OF NUTS” (INCLUDING TREE NUTS) UNTIL FURTHER NOTICE.

| Snack | Menu | Amount for one Class |
|--------------------|---|---|
| Week A Tuesday | Whole Grain Crackers Ex: Wheat Thins MULTIGRAIN, Whole Grain Triscuit Crackers or Breton MULTIGRAIN Cheese Carrots Water | 2 box (120 Crackers) 400g - 500g of cheese (1 large bar) 1 small bag of carrots (340 g) |
| Week A Thursday | Mixed whole grain Multi grain and/or plain cheerios Bananas or Grapes Milk | 5 cups of dry cereal (Plain or Multigrain cheerios) 1 small box 5 Bananas or 5 cups of grapes (uncut) 1 bag of 2 % Milk |
| Week B Tuesday | Whole Grain Crackers Ex: Wheat Thins MULTIGRAIN, Whole Grain Triscuit Crackers or Breton MULTIGRAIN, Cheese English cucumbers 2% Milk | 2 box (120 crackers) 450g of cheese 1 (uncut) cucumber 1 bag of 2% milk |
| Week B Thursday | Apple slices (toddler) Apple Sauce (T/TH pm class) Rice crackers (plain) or Whole wheat Melba toast or Whole wheat Pepperidge Farm Fish crackers Water | 6 apples (toddlers) 16 individual cups applesauce (T/TH pm class) 1 bag of large plain rice crackers or 1 box of whole wheat Melba toast or 2 bag of fish crackers |