

## ROYAL CITY COOPERATIVE PRESCHOOL SNACK MENU

Toddler, T/TH am Preschool and T/TH pm class

Sept. 2023- June 2024

Please be aware that all snacks must come in the **original packaging** and be **peanut/nut free products**. No bulk foods are allowed.

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	<b>Toddler Class and T/TH AM Preschool</b> 2 box (120 Crackers) 400g - 500g of cheese (1 large bar) 1 small bag of carrots (340 g) <b>PM T/TH Preschool Class</b> 3 boxes Crackers cheese same as above carrots same as above
Week A Thursday	Mixed whole grain Multi grain and/or plain cheerios  Bananas or Grapes  Milk	<b>Toddler Class and T/TH AM Preschool</b> 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 <b>PM T/TH Preschool Class</b> 10 cups of Multigrain or plain Cheerios) 8-10 Bananas or 5 cups grapes 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	<b>Toddler Class and T/TH AM Preschool</b> 2 box (120 crackers) 450g of cheese 1 (uncut) cucumber 1 bag of 2% milk <b>PM T/TH Preschool Class</b> 3 boxes of crackers Cucumber same as above cheese same as above Milk same as above
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	<b>Toddler Class and T/TH AM Preschool</b> 6 apples (toddlers) <b>T/TH AM preschool - 8 applesauce</b> <b>Both AM classes</b> 1 bag of large plain rice crackers or 1 box of whole wheat Melba toast or 2 bag of fish crackers <b>T/TH pm class</b> 16 individual cups applesauce (T/TH pm class) 2 bag of large plain rice crackers or 1 box of whole wheat Melba toast or 3 bag of fish crackers