

**ROYAL CITY COOPERATIVE PRESCHOOL SNACK MENU**  
**Toddler and T/TH pm class**  
**Sept. 2022- June 2023**

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.

<b>Snack</b>	<b>Menu</b>	<b>Amount for one Class</b>
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