



## Sample Snack Menu

### Preschool & Pre-Kindergarten

Bonjour Parents,

The Department of Social Services requires that all preschool age children eat a balanced diet while at school. Parents must provide two snacks per day and each snack must contain at least two different food groups. For example, a single bag of cookies is not acceptable. Please see below for a sample menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	1/2 cup of milk	1/2 cup apple juice	1/2 cup of milk	1/2 cup of milk	1/2 cup milk
	1/2 serving fruit	Cereal bar	1/2 serving crackers	1/2 serving fruit	Cereal bar
PM Snack	1/2 serving of cheese	1/2 cup grapes	1/2 cup oranges	1/2 cup grapes	1/2 cup apples
	1/2 serving crackers	1/2 cup carrots	1/2 cup of celery	Cereal bar	1/2 serving cheese
	Water	Water	Water	Water	Water

Child's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_