



A

B

C

D

A

All Breakfast & Lunches will include milk. Whole White, Fluid Milk will be served to all 1 year olds. 1% White, Fluid Milk will be served to all children 2 years and older. All snacks are served with water. Water is available with all meals. Every Friday we have Chef Kids cooking class for Crawlers through Private Kindergarten. 2nd pm snack for crawlers through musicians will be either plain cheerios or goldfish daily. Every Friday we have Chef Kids cooking class for 350- Priv. K & every other Friday for school age students who are signed up!!!
All field trips lunches will be served: Whole wheat crackers, cubed cheese, sliced turkey, Carrot sticks & sliced apples

Month of December – Traditional & or just fun Christmas foods!

Suites 350- Priv. K participate in Chef Kids cooking class:

1st Chef Kids: Grinch Snack mix and Grinch juice- the children will measure popcorn, pretzels, green and red m & m's, and marshmallows into a Ziploc bag and shake to mix. Grinch juice will be green kool aid with strawberries.

2nd Chef Kids: Crumpets- The children will butter English muffins to create their crumpets

3rd Chef Kids: Chelsea Buns- Classes will pick a fruit topping and put it on un iced cinnamon rolls



What are traditions???

1. Things that we do surrounding holidays that we pass down to our children and then their children and so on....

2. Example: gathering for dinner with extended family

Why are traditions important?

1. They bond us together

2. They show us that we belong

What are some holiday traditions that you do every year?

nutritious snacks from the TDA -Fruit juice; Fruit smoothie; Milk, non-fat or low-fat (plain or flavored); Bagel (1/2); Graham crackers; Animal crackers; Wheat crackers; English muffin (whole wheat); Rice cakes and mini rice cakes, flavored; Fig bars; Fruit or grain muffin (low-fat); Dry cereal, individual servings; Pretzels; Baked tortilla chips with salsa; Vanilla wafers; Fresh seasonal fruit; Carrots, broccoli, cauliflower with low-fat dip or salad dressing; Fruit snacks; Low-fat string cheese; Fruit/grain bars; Frozen fruit bars; 94 percent fat-free popcorn; Fruit, nut and/or grain trail mixes; Peanut butter & crackers; Fruit pico; Corn on cob with paprika or chili powder.