
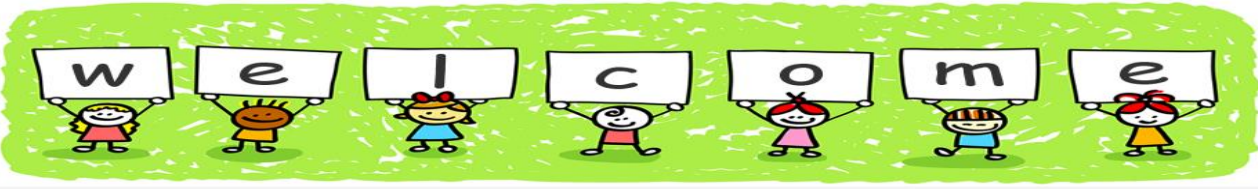


September 2019 - More @ Four - Snack Menu

NEWTON-CONOVER CITY SCHOOLS

Snacks are provided daily for our Pre-Kindergarten Classes

All snacks provided meet the USDA's Child Care snack requirement for the NCPK program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOLIDAY - NO SCHOOL 	3 USDA Fruit Cup - 1/2 c Saltine Crackers - 1 pkg Water	4 Mixed Fruit - 1/2 c Cinnamon Grahams - .90 oz wt Water	5 Sliced Peaches - 1/2 c Cheddar Goldfish - .75 oz wt Water	6 Sunflower Seeds & Raisins - 2.3 oz pkg Water
9 Applesauce - 1/2 c Cinnamon Grahams - .90 oz wt Water	10 Carrot Chips - 1/2 c Saltine Crackers - 1 pkg Ranch Dip - 1 oz Water	11 Cheerios bowlpak - 1 oz Milk 1% LF - 4 fl oz	12 USDA Fruit Cup - 1/2 c Saltine Crackers - 1 pkg Water	13 Raisins - 1.33 oz Cheddar Goldfish - .75 oz wt Water
16 Cheerios bowlpak - 1 oz Milk 1% LF - 4 fl oz	17 USDA Fruit Cup - 1/2 c Saltine Crackers - 1 pkg Water	18 Mixed Fruit - 1/2 c Cinnamon Grahams - .90 oz wt Water	19 Sliced Peaches - 1/2 c Cheddar Goldfish - .75 oz wt Water	20 Sunflower Seeds & Raisins - 2.3 oz pkg Water
23 Applesauce - 1/2 c Cinnamon Grahams - .90 oz wt Water	24 Carrot Chips - 1/2 c Saltine Crackers - 1 pkg Ranch Dip - 1 oz Water	25 Cheerios bowlpak - 1 oz Milk 1% LF - 4 fl oz	26 USDA Fruit Cup - 1/2 c Saltine Crackers - 1 pkg Water	27 Raisins - 1.33 oz Cheddar Goldfish - .75 oz wt Water
30 Cheerios bowlpak - 1 oz Milk 1% LF - 4 fl oz				

Menus, Nutrition, and Allergen Information can be found on our system website : www.newton-conover.org - Menus are subject to change - Notice is given when possible

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