

"Whistle While You Work" October 2021 Temple Beth El Child Development Center

Sun Mon Tue Wed Thu Fri Sat

						String cheese & Ritz crackers 1	2
						Mix & Match 2 food groups From the Week	
3	Carrot sticks & Cheddar cheese cubes 4	Orange juice & Raisin bread 5	Blueberries & Vanilla yogurt 6	Sliced cucumbers w/ranch & Ritz crackers 7		Cooking Day *See lesson plan 8	9
	Applesauce & Graham cracker	Green salad w/ranch & Goldfish crackers	Sliced turkey & Hawaiian bread	Diced pineapple & String cheese		Mix & Match 2 food groups From the Week	
10	Diced peaches & Animal crackers 11	Broccoli w/ranch & Saltine crackers 12	Special k Berries cereal & Milk 13	Cooking Day *See lesson plan 14		Sliced oranges & String cheese 15	16
	Celery sticks & Sunbutter	Apple juice & Graham cracker	Fruit cocktail & Cottage cheese	Green salad w/ranch & Goldfish crackers	School photo days		
						Mix & Match 2 food groups From the Week	
17	Sliced cucumbers & Hummus 18	Orange juice & Bagel w/cream cheese 19	Sliced strawberries & Vanilla yogurt 20	Special K Berries cereal & Milk 21		Cooking Day *See lesson plan 22	23
	Sliced oranges & Cheez-it crackers	Carrot sticks w/ranch & Ritz crackers	Sunbutter & Graham cracker	Diced pears & Cheddar cheese	Pumpkin Patch Days		
						Mix & Match 2 food groups From the Week	
24	Applesauce & Animal crackers 25	Special K Berries cereal & Milk 26	Sliced turkey & Hawaiian bread 27	Cooking Day *See lesson plan 28		Sliced oranges & Cheddar cheese cubes 29	**Toddler alt snacks from month such as: graham crackers saltines ritz crackers goldfish crackers 30
	Carrot sticks & String cheese	Apple juice & Goldfish crackers	Blueberries & Vanilla yogurt	Green salad w/ranch & Cheez-it crackers	Dress-up parades (children only)		
						Mix & Match 2 food groups From the Week	

31

2675 Central Ave, Riverside, Ca 92506
(951) 682-7282 / (951) 682-9459 Fax

Extra p.m. snack mix & water will be provided to preschoolers each afternoon
4:15-5:00 as a center.
Juice is 100% fruit /
Milk is 1% preschool / Whole Milk Toddlers