



Foster City Preschool and Daycare Center

A cheerful place for your child to learn and grow

EXCELLENT MEALS AND NUTRITION FOR OUR PRESCHOOLERS

For preschoolers, snacks are an excellent diet staple and help fill in nutritional gaps. Healthy and nourishing mid-morning and mid-afternoon snacks are good for your child - and they will not spoil his/her lunch or dinner appetite. Foster City Preschool and Daycare Center provides healthy, nutritious and tummy-filling snacks for our students.

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Sample Snack Menu for both Non Vegetarian and Vegetarian Students

Mon	Tues	Wed	Thurs	Fri
MORNING: apples graham crackers milk AFTERNOON: kiwi cheddar cheese crackers water	MORNING: oranges saltine crackers water AFTERNOON: watermelon animal crackers milk	MORNING: pears wheat thins milk AFTERNOON: tangerines cheese-it crackers water	MORNING: bananas Ritz crackers water AFTERNOON: apples graham crackers milk	MORNING: cantaloupe pretzels milk AFTERNOON: oranges saltine crackers water
MORNING: pears wheat thins milk AFTERNOON: tangerines cheese-it crackers water	MORNING: bananas Ritz crackers water AFTERNOON: apples graham crackers milk	MORNING: cantaloupe pretzels milk AFTERNOON: oranges saltine crackers water	MORNING: kiwi cheddar cheese crackers water AFTERNOON: pears Ritz crackers milk	MORNING: watermelon animal crackers milk AFTERNOON: bananas pretzels water
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