

HEALTHY SNACKS

Your child will receive a small, nutritious snack each day. Snack is provided by children in the class on a rotating basis. If you cannot provide the snack on your child's snack day, please switch days with another parent or let the school know. **Our classrooms are nut-free. Snacks that may contain peanuts or other nut products will not be served.** With the exception of fresh produce, please send the snack in its original packaging with the list of ingredients.

Please choose a snack from the list below and include the ingredients list:

Fruits & Vegetables

Apple wedges

Applesauce

Bananas

Grapes (halved)

Orange sections

Cucumbers

Canned fruit cups

Dairy

Cheese (string/slices/cubes)

Yogurt/Gogurt

Ice cream cups

Pudding

Miscellaneous

Goldfish

Teddy Grahams

Graham crackers

Whole grain crackers

Nutri Grain bars -fruit or yogurt

Kraft Handi-snacks- breadsticks or Ritz crackers and cheese

Blueberry muffins

Apple muffins

Dry cereal

Fig Newtons

DRINKS

The Preschool provides a drink each day at snack time. Your child will drink milk, 100% juice or water.

FOOD ALLERGIES/INTOLERANCES

Please make the preschool aware of your child's dietary needs. If your child has an allergy or intolerance, it is helpful if you send a small bag of snacks that your child may eat.

SPECIAL CELEBRATIONS

Birthdays and holidays are a reason to celebrate! We will make every effort to assign your child to bring snack on or around his/her birthday. Children with summer birthdays will celebrate their half-birthdays. Feel free to send a special snack (cookies, cupcakes, fruit snacks, etc.) to celebrate your child's big day. If you have any questions, please call the preschool.