

Snacks

Each child will be assigned snack days throughout the year. To ensure a variety of nutritional options, please use the information below as a guide. Please send in a package of napkins with your snack.



Monday: Cracker Day
Tuesday: Fruit Day
Wednesday: Dairy Day
Thursday: Vegetable Day
Friday: Bread or Cake Day

Suggestions

Crackers: animal crackers, Cheese Nips, Goldfish, Town House, Wheat Thins, Ritz, Saltines
Fruit: apples, bananas, star fruit, pears, oranges, strawberries, grapes, dried fruit, raisins, fruit snacks
Vegetable: carrots, celery, olives, broccoli, cauliflower, red & yellow peppers (children love dip!)
Dairy: cheese & crackers, string cheese, frozen yogurt, pudding

Please no food that contains nuts or peanut butter.

Please inform your teacher of any food allergy as soon as possible.

If you forget snack, please send a package of crackers in. This way we will always have something on hand.