



Below you will find a list of suggested healthy snacks:

PLEASE REMEMBER WE ARE A NUT FREE SCHOOL

Graham crackers

Vanilla Wafers

Pretzels

Animal Crackers

Teddy Grahams

Fruit: 1 small banana per child or $\frac{1}{2}$ of a large, oranges, apples cut and sliced, grapes (cut in small pieces), fresh fruit in season

Vegetable sticks: carrots (cut in small pieces), cucumber slices, celery, green pepper etc (they love vegetables with ranch dressing)

Hummus

Yogurt

Cheese cubes/cheese sticks

Crackers

Pudding

Jello/Jigglers

Raisins

Mini bagels or $\frac{1}{2}$ Regular size

Mini muffins

Cereal without sugar: such as Cheerio's, Chex, Kix

Goldfish

Yogurt (mini cups or tubes)

Cereal/fruit bar (preferably nutrigrain)

Applesauce

Popcorn-not for two year olds

Trail Mix: Use your imagination: Cereal, Raisins and Pretzels mixed together are always fun!

**no fruit snacks

We supply napkins, cups, plates, bowls and eating utensils. We will provide water for the children to drink, NO drinks please. If it is your child's birthday feel free to bring in a treat. Items such as cookies and individual cups of ice cream are always a big hit. Please do not send in treat bags for parties, they are against school policy and will not be passed out to the children.