

Healthy Snack Food List

Any child that does not care for the snack served for the day will receive a couple crackers in place of the daily snack. 100% juice is served but children may choose to have water instead. On occasion, we will serve milk with a snack.

All products must have a store label on the package.

- Fruit
- Mini muffins (large ones are too difficult for children to eat and generally too much for them to consume as a snack)
- Graham Crackers
- Fruit bars
- Cereal (Kix, Cheerios, Chex, Crispix, Life)
- Trail Mix (without nuts!)
- Raisins
- Cheese crackers
- Saltine crackers
- Graham crackers
- Granola bars
- Pretzels
- Ritz crackers (plain or with cheese, no peanut butter)
- Bagels (cut in half)
- Vegetables like baby carrots (they love it with ranch dip)
- Yogurt (they love the kind in tubes)
- Cheese sticks or cheese and crackers
- Pudding

For birthday treats, you are welcome to bring in mini-cupcakes or special cookies. However, cake is too hard to serve so we ask that you not bring in a birthday cake.

If your child wants to bring in a special treat on their birthday that is not on our healthy food list, we would be happy to send it home with your child's classmates.

Due to peanut allergies in the classroom, we ask that snacks containing this product not be purchased.