



# Snack Guidelines

Since it is important for us to teach the children to choose and to eat nutritious foods on a daily basis, please choose one item from each list (all snacks are to be **PEANUT-FREE**). *Please check all labels for possible allergens.*

A	B
whole grain breads	apples
mini muffins	bananas
mini bagels	fruit cups
crackers	kiwi
pretzels	oranges
Nutri-grain or granola bars	raisins
cheese cubes or sticks	avocado
nutritious cereal	other fruit ( <b>no gummy fruits</b> )
yogurt	celery
pita chips and hummus	broccoli
	carrots
	other vegetables (can include dip)

The children may bring a water bottle (with water) to have with their snack each day. They may bring a small container of milk for their lunch. If your child is staying for the afternoon program, please send in a snack for that, as well.

Again, please read packaging for allergens. We need to keep all our children safe!

Thank you for sending in healthy and safe snacks for your child.

