



Suggested Snacks

All of our classes will be having a morning snack. Each family is asked to send a snack for their child(ren) each day. Since we do not want snack to interfere with a nutritious lunch, we ask that you adhere to the requests of this letter. This is an incomplete list intended to give you an idea of the types of snacks that are appropriate. Our main concern is that the children are having a nutritious snack while at school. Please avoid sugary snacks such as cakes, cookies, chips or lots of processed/artificially preserved foods.

Each day we would like the students to have a dry snack such as crackers or pretzels and some sort of wet snack such as fruit (washed and prepared at home), cheese or yogurt. We have included a list of favorites:

Fruit Favorites

Fruit Salads	Banana Halves
Raisins / Craisins	Raw Veggies & Dip
Apple, Pear and Orange Slices	Cantaloupe
Watermelon	Dried Fruit
Grapes, Plums, Berries, etc.	Yogurt / Gogurt

Dry Snacks Favorites

Mini Bagels/Cream cheese	Dry Cereal
Graham Crackers	Animal Crackers
Goldfish Crackers	Pickles
Banana Bread	Pretzels
	Popcorn
Cheese / Crackers	Salsa / Chips
Nutrigrain Bars (halves)	Mini Muffins