

SNACK DAY SUGGESTIONS

Snack Day is a special day for your child – MAKE IT FUN!

Keep it: SIMPLE - HEALTHY – SEPARATE

Provide Variety From 3 Food Groups (CHOOSE 1 OF EACH!!!!)

1. Something crunchy. 2. Fruit or veggie. 3. Something unique
= A delicious snack 4 the children!

Some Suggestions: Think Healthy!

<u>1</u>	<u>2</u>	<u>3</u>
Crackers	Assorted Fruit	Cheese Cubes / Sticks
Pretzels	Assorted Veggies + Dip	Pudding Snacks / Jello
Goldfish	Applesauce	Pizza
Popcorn	Raisins	Little Muffins
Cheez Its	Go Go Squeeze Bottles	Gogurt
		Teddy Grahams
		Drinkable Yogurts
		Soft Pretzels

It would be appreciated if you could bring in **three** different items, as described above, for snack. 1 from column 1, 1 from column 2 and 1 from column 3. Thank you!

*We provide: Napkins, cups, spoons, plates

*****AVOID***:**

→ DONUTS

→ Fancy holiday creations

→ Fruit salads & small cans of mixed fruit

→ Combinations such as "dirt" (ingredients may be sent separately)

→ Granola bars

→ Cupcakes, cake, candy or marshmallows

DRINKS: Water - water - water

Water is provided.

BIRTHDAYS, ½ Birthdays & Holidays

We will make it special! -----**PLEASE NO CANDY!!!**

****AVOID HIGH SUGAR SNACKS****

We celebrate birthdays and half birthdays. Every student will have a special day during the year.

PREPARATIONS:

- Please wash any fruit
- Please remove stems from grapes
- Apples may be sent whole
- Apples may be sliced and tossed with lemon juice (only need 5 or 6 apples)
- Apples may be sliced and tossed with cinnamon and sugar
- Bananas should be sent whole (about 10)
- Oranges should be cut in wedges