

# Snack Time- (\*Check Class Allergy List\*)

Please  
Avoid  
Sugary  
Snacks!

- Whole Grains-Popcorn, Crackers, Rice Cakes, Pretzels, Muffins
- Protein-Cheese, Yogurt, Cottage Cheese, Hummus, Nuts
- Fruits-Apples, Bananas, Grapes, Oranges, Watermelon, Strawberries, Mangos, Dried Fruit
- Vegetables-Carrots, Celery, Bell Peppers, Cucumbers, Snap Peas, Grape Tomatoes
- *Served with Water, Family Style*
- *\*NEW\* Students will get to make their snack, both helpers bring ingredients:*
  - 1<sup>st</sup> Thursday in the 3/4 am and 3/4/5 pm Class
  - Every Wednesday in the 4/5am and 4/5pm Class

