

Snack Guidelines

Our classrooms are NUT-FREE! So please be aware of food labels when you are choosing snacks to bring. Please check with your teacher for any additional allergies.

- Whole Grains-Popcorn, Crackers, Rice Cakes, Pretzels, Muffins
- Protein-Cheese, Yogurt, Cottage Cheese, Hummus
- Fruits-Apples, Bananas, Grapes, Oranges, Clementines, Watermelon, Strawberries, Mangos, Dried Fruit
- Vegetables-Carrots, Celery, Bell Peppers, Cucumbers, Snap Peas, Grape Tomatoes

Snacks are served with water, FAMILY STYLE