



St. Luke's Preschool SNACKS FOR PRESCHOOL



- Snack is served mid-morning. We ask that snack items be nutritious.
- Snacks must represent two food groups and be commercially packaged or prepared on-site.
- We are a peanut free program. (Preschool Staff addresses other food allergies with individual families).
- **Water** will be served at every snack time.
- Napkins and 5-oz. cups are provided, but donations are welcome!

Snack items need not cost a lot. Here are some ideas for proportions:

Amount examples: Bananas = 1/3 each child (or Apples = 1/4 each)
 Crackers = 1 box per class
 Water is served every day, so you do not need to send a drink.



Here are some combination ideas that the children seem to enjoy:

- Graham crackers and raisins
- Saltines and applesauce (one jar of applesauce can be sent; we will scoop into cups)
- Crackers and yogurt (one large container of yogurt can be sent; we will scoop into cups)
- Crackers and string cheese or cheese cubes

To Make Life Easier in the Classroom, please keep in mind:

Bulk-wrapped snacks are generally easier to serve in the classroom than snacks that are individually-wrapped. Items such as grapes and cherry tomatoes are wonderfully good, but must be washed and individually cut in half at school before serving. This takes extra time to prepare the snack.

Here are samples of allowed / not allowed items that meet our current peanut-free requirement:

Allowed:

- Honey Maid graham crackers (brand name only)
- Nilla vanilla wafers (brand name only)
- Cinnamon toast crunch (check the label)
- Fruit loops (check the label)
- Most crackers
- Goldfish crackers
- Animal crackers (check the label)
- Pretzels
- Raisins
- Yogurt / Gogurt
- Cheese / Cheese sticks
- Malt-O-Meal products are generally peanut-free (but check the label)

