

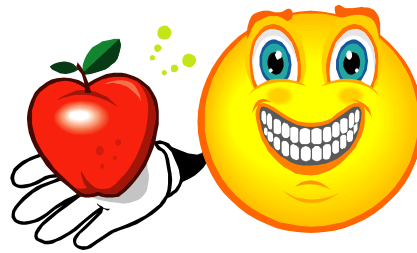
SNACKS FOR PRESCHOOL

It is your child's turn to have the snack bag! Children love to bring the snack for their class, so this is a very special time for your child. On your child's next school day, please return the snack, and this sheet, in the snack bag.

There are 17 children in class

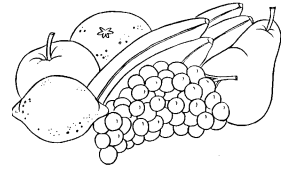


Thank you for providing snacks for your child's class!



St. Luke's Preschool

SNACKS FOR PRESCHOOL



- Snack is served mid-morning.
- Snacks must represent **two food groups** and be **commercially prepared and unopened**.
- **No peanuts or peanut butter.**
- We ask that snack items be nutritious. Please don't send sweets.
- We will provide water for the children to drink.
- Napkins, small cups, and plastic spoons are provided, but donations are welcome!
- Bulk-wrapped snacks are generally easier to serve in the classroom than snacks that are individually-wrapped.

Here are some combination ideas:

Vanilla Wafers and yogurt
Graham crackers and raisins
Saltine crackers and applesauce
Goldfish crackers and string cheese

Here are some nutritious snack ideas:

Amount examples: Bananas = 1/2 each child (Apples = 1/4 each)
 Crackers/Vanilla Wafers = 1 box per class
 Applesauce or Yogurt = 1 large container/jar
 Water is served every day, so you do not need to send a drink.

Allowed:

Animal crackers	String cheese
Cheese cubes	Soft granola bars
Pretzels	Hull-less popcorn
Cereal bar	Graham crackers
Vanilla wafers	Pudding cups
Goldfish crackers	Mini-muffins
Cereal	Fresh fruit
Fresh veggies	Dried fruit
Yogurt / Gogurt	
Trail mix (no peanuts or peanut butter)	

Not allowed:

Any product made with peanuts or peanut butter

