

## Snacks

Snack Calendars will be handed out the week before the beginning of each month. When your child's name appears on the calendar that is the day your child is responsible to bring snacks to share with each child in the classroom, plus 2 extra. Please check the class count each month as new children are added throughout the year.

**Our snack goal is to promote healthy food choices.**

When choosing food items from this list please choose **low sugar** content.

Bring snack items already cleaned, cut up and **individually packaged**

**Bring 2 food items** from the following list on your child's snack day plus:

**Napkins**

**Cups**

**Spoons or forks if needed**

**If the food you bring for the snack is not on this list we cannot serve it.**

<b>Produce</b>	<b>Protein</b>	<b>Carbohydrates</b>
Baby Carrots Applesauce Bananas chunks Mixed Fruit Cups Fruit Sauce Pouches Grapes Sliced Apples Strawberries Watermelon Chunks Pineapple Chunks Small Oranges Blueberries Raspberries Banana Chips	String Cheese Cheddar Cheese Slices Cheese Cubes Cream Cheese Yogurt (low Sugar) Sunflower Seed Butter (must be labeled to be identified)	Ritz Crackers Cheese-its Gold Fish Crackers Wheat Thins Triscuit Crackers Pretzels Cheerios Popcorn Graham Crackers (plain) Mini Bagels Mini muffins Baked pita chips

**We are a peanut and tree nut free environment.**