

# Snack Ideas

No Peanut Products    No Peanut Products    No Peanut Products

**\* No foods made in factories that also produce peanut products \***

(Please do keep in mind...this is just a snack and lunch is soon to follow!)

**Please provide only one item from each column during your special snack rotation. If there is a special holiday or 'cooking day', your teacher may ask you for different ingredients.**

2 saltine crackers

2 Ritz crackers

½ Dixie cup of whole grain cheerios

Pretzels (**\* please check packaging!**)

1 whole graham cracker

½ Dixie cup of goldfish crackers

(any whole grain cracker)

1 string cheese/cubes of cheese

Purchased sliced apples (2 slices per child)

2 carrot sticks, with Ranch dressing

1 cup of applesauce

1 small yogurt/yogurt stick/yogurt drink

Any type of dried fruit bits

(ie: raisins, cranberries, etc.)

The Health Department requires that all food items must be prepared/purchased at a commercial store.

We do encourage our children to drink water throughout the day and provide their water cups during snack time. You may choose to provide small juice boxes as a fruit serving, along with goldfish crackers, but try to limit this to once per month.

Please bring your snack the Thursday before your snack week. If you do not provide snack on your assigned week and we must provide snack for you, you will be charged a fee of \$10 per incident.