

## Healthy Snack Options

We all know that healthy nutrition aids in our child's growth and development. School snacks are an important part of your child's routine and serve as much needed energy and fuel so that they can have a successful day.

We are asking parents to aid in serving 100% healthy snacks to our children everyday!

**WE ARE A NUT FREE ENVIRONMENT! PLEASE READ INGREDIENTS AND DO NOT SEND ANYTHING WITH NUTS OF ANY KIND!**

Here are some nutritional guidelines to bring in when your child is the super kid or president for the week:

### Fruit/Vegetable

Apples  
Applesauce  
Bananas  
Berries  
Cantaloupe  
Carrot Sticks  
Celery Sticks  
Cucumber Slices  
Grapes  
Oranges  
Tangerines  
Watermelon

### Protein

Cheese sticks  
Cottage Cheese Cups  
Go-Gurts  
Hummus  
Yogurt Cups

### Carbohydrate

Cheerios  
Crackers  
Graham Crackers  
Pita Bread  
Pretzels  
Rice Cakes  
Veggie Sticks

**Your child's teacher will let you know the specific dates!**

