

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:

<u>Fruit/Vegetable</u>	<u>Protein</u>	<u>Carbohydrate</u>
Apples	Cheese sticks	Cheerios
Applesauce	Cottage Cheese Cups	Crackers
Bananas	Go-Gurts	Graham Crackers
Berries	Hummus	Pita Bread
Cantaloupe	Yogurt Cups	Pretzels
Carrot Sticks		Rice Cakes
Celery Sticks		Veggie Sticks
Cucumber Slices		
Grapes		
Oranges		
Tangerines		
Watermelon		

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

