

# Approved Snack List

Dear Parents,

You will be assigned one or two days each month to send snack for our class. Please choose snacks from our list. This really helps us keep within our guidelines for nutritious snacks.

**Remember snacks should come from this list only. Please do not send chips, cookies, sodas, or other snacks that are not nutritious.** Exceptions are made if it's your child's birthday and you would like to bring a special snack. Occasionally you may be asked to bring a particular snack to coordinate with our other activities. We need snacks for 20 children. Individual juice boxes are best for drinks. Please try to choose juices with a high content of real fruit juice (such as Juicy Juice) if you can. Thank you for your cooperation and support.

If you have any questions, please let us know. Thanks for your help!

Pre-K Teachers

**\*\*\*\*\*No peanuts or peanut butter snacks\*\*\*\*\***

Please choose from the following list of acceptable snacks:

Handi Snacks (breadsticks and cheese, pretzels and cheese)

Graham Crackers (rectangles or sticks, Goldfish grahams, Teddy Grahams)

Animal Crackers (plain, no icing)

Cheese Crackers (Cheez-Its, Cheese Nips, Goldfish, Ritz Bits, etc)

Fruit-bananas, apples, oranges

Fruit or cereal bars

Granola bars

Fruit cups (Please send spoons)

Pudding cups—chocolate and vanilla (please send spoons)

Applesauce (please send spoons)

Jell-O cups (please send spoons)

Yogurt tubes or cups