





## **APPROVED SNACKS**

Absolutely **NO CANDY OR SODA** are allowed in school. Please send nutritious, balanced meals and snacks with your child along with a refillable water bottle.

### **Suggested Snacks**

**Juice:** Orange, Apple, Pineapple, etc.

**Yogurt:** cups, yogurt bars, go-gurts, etc.

**Cheese:** String Cheese, Sliced Cheese, Baby Bell, etc.

**Chips:** Cheese Puffs, Trail Mix, Rice Cakes, etc.

**Cereal:** Honeycomb, Cheerios, Apple Jacks, etc. (no milk please)

**Crackers:** Ritz, Animal Crackers, Saltines, Pretzel Sticks, etc.

**Cookies:** Vanilla Wafers, Oatmeal Cookies, Fig Newtons

### **NO CHOCOLATE, PLEASE!**

Children will have a morning snack, lunch and an afternoon snack.

We do heat up lunches, if needed, however, please send approved containers for the microwave. **NO GLASS, please.** Please make sure that the hot and cold food are in separate containers. Remember to send appropriate utensils for the food they will be eating.