

Snack Ideas

Snack time is an important part of our preschool morning. It is a time for fellowship, prayer, community, and an opportunity for your child to try some food items they might not try elsewhere. Please remember:

- All snack items must be store bought and delivered in the original, unopened packaging.
- Any vegetable or fruits which need slicing or cutting must be washed and prepared on site. So please do not pre-cut/slice at home. Pre-packaged sliced fruit/veggies are fine.
- We encourage healthy choices. Please NO chips, candy, cakes, fruit snacks, sugary popsicles, junk food, etc. (Your teacher has great suggestions for birthdays!)
- Please choose only two items that are easy to prepare. Each item should come from a different food group.
- Please bring enough for your child's class as well as two teachers. (See snack calendar for quantity.)
- Variety is appreciated by both teachers and the students 😊

The following are only suggestions. We welcome new ideas and food choices.

FRUIT & VEGETABLES

Melon chunks	raisins	apples
oranges	carrot sticks	sugar-free fruit sauce
berries	cucumber slices	pears
dried fruit	cherry tomatoes	sugar snap peas
bananas	broccoli	dried snap peas
pineapple chunks	cauliflower	

GRAINS *MUST BE NUT-FREE*

crackers (cheez-its, pretzels, goldfish, etc.)
 mini whole grain muffins
 granola
 finger sandwiches the children can put together
 fruit breads such as banana bread (no nuts)
 bagels
 rice cakes

PROTEIN

bean dip
 hummus
 cheese squares, string cheese
 yogurt, cottage cheese
 ham, turkey, salami or bologna slices
 sunflower seed butter (no peanut butter)



Thanks for remembering
 this is a



Peanut/Nut
 Free School

PLEASE DO NOT BRING:

- FOOD CONTAINING NUTS (CHECK INGREDIENTS LISTED ON PACKAGE TO CONFIRM THAT SNACK ITEMS DO NOT INCLUDE NUTS OR TRACES OF NUTS)
- MORE THAN TWO ITEMS
- FOOD DIFFICULT TO PREPARE (IE: MELONS & PINEAPPLES SHOULD BE PURCHASED PRE-CUT)
- JUMBO GRAPES, HARD BOILED EGGS