

# SNACK SUGGESTIONS

<p><b><u>Every Day Ideas</u></b></p> <p><u>Please send in spoons if needed</u></p>	<p>**Please send in ORIGINAL containers, except for fruit and vegetables**</p> <p>Crackers (graham, Animal, Goldfish)          Cheese          Pretzels          Cut up veggies (with or without dip)          Cut up fruit          Low sugar varieties of cereal (Cheerios, Kix, Chex)          Muffins          Frozen fruit bars          Yogurt          Pudding          Jell-o          Macaroni and cheese (already prepared – we will reheat in microwave)          Juice, white or chocolate milk</p>
<p><b><u>Birthday and Special Day Ideas</u></b></p> <p><u>We will only serve on Special Days</u></p>	<p>Ice cream          Rice Krispie treats          Cookies or Brownies          Popsicles          Fruit chews          Or anything listed on everyday list</p>
<p><b><u>Please enjoy at home</u></b></p> <p>We will <b><u>NOT</u></b> serve these foods. We have found them inappropriate for or not consumed by preschoolers.</p>	<p><b><u>PEANUT BUTTER PRODUCTS OR NUTS OF ANY KIND</u></b></p> <p>Popcorn          Donuts          Cupcakes          Pre-packaged snack cakes (Twinkies, HoHo’s, Little Debbie’s)          “Dirt” with or without worms          Candy of any variety          Soda, Kool-aid, Punch, Hi-C, <b>juice boxes or pouches</b>          Cookies or Brownies (except on Special Days/Birthdays)</p>