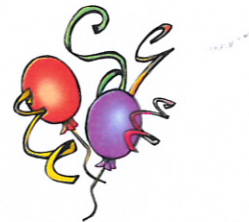




Children are responsible for bringing their own healthy snack every day. Please keep in mind that we have children with peanut allergies. Please check the label to make sure there are no nuts or peanut oils in the product. Children may bring water to school but no other kinds of drinks. Here are some suggestions:

- Yogurt
- Cheese cubes
- Fruit kabobs
- Carrots/veggies and dip
- Whole grain crackers, cereals
- Whole grain pretzels
- Pudding cups
- Dried fruit
- Whole grain bagel, pita, and tortilla chips
- Graham crackers
- Applesauce/fruit cups
- Rice cakes
- Lunchmeat squares
- Popcorn



Birthday Celebrations

At the beginning of the semester we ask parent to donate \$5.00 for a birthday treat bag. The room parents create birthday bags to give to the child on their birthday. The class will sing "Happy Birthday" and the child receives a treat bag (trinkets, pencils, etc.) No food will be passed out.