



First Presbyterian Preschool

SNACK INFORMATION

- We are required by the AZ state licensing department to serve only nutritious foods consisting of items from two of the four basic food groups:(1)fruits and vegetables,(2) milk and dairy products,(3) meat, fish, poultry and cheese, and (4) breads, cereal and grains.
 - Only 1% milk in $\frac{1}{2}$ gallon jugs, 100% fruit juice or water are approved drinks. Capri-Suns, Hi-C, Kool-Aid, and Gatorade are NOT allowed and will NOT be served.
 - All food and drinks must be store bought and in their original unopened package or container. NO HOMEMADE FOOD IS ALLOWED.
 - Fresh fruits and vegetables must be brought in whole. We will peel and/or cut them here at the Preschool.
 - No Styrofoam tableware is allowed including cups, bowls or plates.
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SNACK SUGGESTIONS

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| Yogurt/Wheat Crackers | Cereal/Raisins/Milk |
| Strawberries/Crackers | Tangerines/Yogurt |
| Graham Crackers/Milk | Celery/Cream Cheese |
| Fish Crackers/Juice | Cheese/Apples |
| Whole Wheat Crackers/Mini Carrots | Cheerios/Oranges |
| Mini Bagels/Cream Cheese | String Cheese/Melon |
| Applesauce/Graham Crackers | Saltine Crackers/Milk |
| Tortillas/Cheese/Juice | Fruit Leathers/Crackers |
| Cucumbers/Ranch Dressing/Juice | Tortilla Chips/Salsa |
| Pudding/Bananas/Milk | Fresh Fruit/Milk |

****Please bring cups, plates, bowls, spoons, napkins, etc. when it is your child's turn to bring snack for the class. Thank you!***