



SNACK INFORMATION

- **Severe Allergy ALERT! NO PEANUTS or Peanut butter allowed! We are a NUT-Free School this year.**
 - 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

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!*