

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.
* **Severe Allergy ALERT! NO PEANUTS, Strawberries, Granola bars or Peanut butter allowed!**
* Only 1% milk in ½ 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.

**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!***