



# 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  $\frac{1}{2}$  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

Strawberries/Crackers

Graham Crackers/Milk

Fish Crackers/Juice

Whole Wheat Crackers/Mini Carrots

Mini Bagels/Cream Cheese

Applesauce/Graham Crackers

Tortillas/Cheese/Juice

Cucumbers/Ranch Dressing/Juice

Pudding/Bananas/Milk

Cereal/Raisins/Milk

Tangerines/Yogurt

Celery/Cream Cheese

Cheese/Apples

Cheerios/Oranges

String Cheese/Melon

Saltine Crackers/Milk

Fruit Leathers/Crackers

Tortilla Chips/Salsa

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!***