

Snack in a Montessori Classroom

All children will be offered snack during the morning session. Snack is chosen by the child, and typically consists of a protein, whole grain crackers, and a fruit or vegetable. Occasionally, a child may become too “busy” in the morning to stop work and have snack, and although this doesn’t happen often, we do not interrupt the child’s work to ask them to sit for snack. Snack is always optional; therefore, we will not be forcing a child to eat.

Throughout the year, we will periodically ask by email that each family provide snack and flowers for one week. We are very specific as to the type of food we will accept to accommodate for our students with food allergies, but there is plenty of room for variety with daily fruits and vegetables that we do hope the children will be able to sample. Each child’s family will be responsible for snack at least two times a year.