

Rise and Shine Daycare

Approved Snacks and Meals for Children Ages 3–5 Years Old

■ **Morning Snacks (AM Snack – Light & Energizing)**

- Kirkland Organic Fruit & Veggie Pouch – Blended fruits and vegetables, no added sugar.
- Annie's Organic Bunny Grahams – Whole grain, low sugar, fun shapes.
- Stonyfield Organic Yogurt Tubes – Probiotic-rich, kid-friendly size.
- Nature's Bakery Fig Bars (Mini) – Whole grain, soft-baked fig snacks.
- Applesauce Cups (No Sugar Added) – Unsweetened, single-serve fruit cups.
- Mini Muffins (Organic or Low Sugar) – Whole grain blueberry or banana.

■ **Afternoon Snacks (PM Snack – Filling & Satisfying)**

- Babybel Cheese or Organic String Cheese – Halal cheese only.
- Hippeas Organic Chickpea Puffs – Crunchy, plant-based, high in fiber.
- That's It Fruit Bars – Made with only fruit, no added sugar.
- Mini Crackers with Hummus Cups – Whole wheat crackers with single-serve hummus dip.
- Organic Trail Mix (Nut-Free) – Dried fruits, sunflower seeds, and cereal blend.
- Boom Chicka Pop Sea Salt Popcorn – Light, whole grain, gluten-free.

■ **Optional Breakfast Items**

- Whole Grain Cereal with Milk
- Mini Pancakes (low sugar) or Waffles
- French Toast Sticks
- Omelette or Scrambled Eggs
- Boiled Egg with Whole Wheat Toast
- Apple Slices or Seasonal Fresh Fruits

■ **Fresh Add-Ons (Optional Anytime)**

- Banana halves
- Sliced seedless cucumbers
- Apple slices with sunflower seed butter
- Cut-up grapes (quartered)
- Mini bell pepper strips

■ ■ **Optional Weekly Breakfast & Lunch - \$40/week**

- Pizza (cheese or halal turkey pepperoni)
- Baked Chicken Nuggets (halal)
- Chicken Shawarma with Rice (halal)
- Macaroni & Cheese
- Cheese Quesadillas
- Pasta with White or Red Sauce

■ ***Not Allowed***

- High-sugar treats (cookies, donuts, sugary fruit snacks)
- Candy, chocolate bars, or soda
- Whole nuts or nut butters
- Snacks containing gelatin, pork enzymes, or non-halal meat or cheese