



Preschool Snack List

Thank you for providing snack for our class! Your contribution is helping our school to offer healthy variety of wholesome snacks while keeping our expenses low. A snack approved by the MN Department of Education, Food & Nutrition must be a two component snack, meaning that a snack must include 2 out of the 5 main food groups (dairy, protein, grain, fruit, and/or veggie).

Each family will be responsible for one of the snack components. Please plan for 20 students and follow the below portion-guide. Remember, a snack is not full meal - smaller portions are best, but any extras are appreciated and will be used for additional portions and substitutes.

Portion Guide:

Milk, 1% white	½ cup
Vegetables, Fruit, or 100% Juice	½ cup
Meats or Meal Alternatives	½ ounce, 3 tbs
Grain/Bread (Sugar content: 6 g or less per 1 oz)	½ serving

When selecting a snack for the class, please remember:

- Snack must be Whole Grain rich (whole grain, does not need to be whole wheat)
- Milk must be 1% white. No flavored milks
- Contains 6 g or less of sugar per 1 oz (most granola bars, nutri-grain bars, and most cereals do not meet this important requirement)
- 100% Juice only or fruit in 100% juice
- **NO Peanut items! NO PEANUT and TREE NUT items on Tues and Thurs.**

Snacks approved by the MN Department of Education, Food and Nutrition:

- *Kix Cereal*
- *Chex (corn or rice)*
- *Frosted Mini Wheats*
- *Whole Grain Goldfish Crackers*
- *Whole Grain Cheez-its*
- *Whole Grain Graham Crackers*
- *Mini Bagels (whole grain) and Cream Cheese (strawberry)*
- *Toast (will be toaster in class, Jelly will be provided as well)*
- *No Sugar-added Applesauce*
- *100% Fruit Cups*
- *100% Juice*
- *Fresh Carrots*
- *Fresh Strawberries, Apples, Bananas, Oranges, Grapes*
- *Go-Gurts, Cheese Sticks, 1% White Milk*

If you are not sure if a snack complies with State Regulations, please contact us at info@sunshinepreschoolpog.com