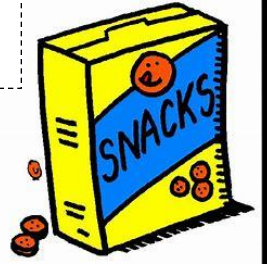


# Class Snacks

PLEASE Bring Class Snacks  
to Meet the Teacher



We ask for your help to fill our classroom snack cabinet. Your child's donation will go directly into his/her classroom to share with his/her classmates. Our goal is to accumulate enough to last several months. The more donations we receive, the less often we will need to ask for refills.

Have Fun! Let your child  
get involved in choosing  
the snacks for his/her  
classroom.



## Some Snack Suggestions:

graham crackers	goldfish (large box)
trail mix	peanut butter crackers
cheese Nips	pretzels
fresh fruit	cheese sticks
large bags/boxes of cereal	
all varieties of snack crackers	

**Please, NO cookies or any other sweet**

# Lunches:

## Reminder:

When sending grapes and/or hot dogs with your toddler for lunch, please slice them lengthwise several times as they are a choking hazard for our littles.

- Please do not send food that has to be prepared like mac & cheese cups and Ramen noodles. Please prepare these at home and your child's teacher will reheat them. Per State Standards, our teachers are NOT allowed to mix up your child's food.
- If you are sending a warmup, make sure that it is in a reheatable container. We do not have bowls to heat these up in.
- Include an ice pack (or 2) to ensure your child's lunch is kept at an adequate temperature.
- The State Minimum Standards for our school states (as noted in your SCS handbook) that any child in our center over 4 hours per day must have at least 1/3 of their daily nutritional needs (at least offered) in their lunch. Please include some of each food group in your child's lunch.
  - Milk: milk, cheese, yogurt
  - Protein: meats, eggs, beans, cheese, peanut butter
  - Grain: breads, rice, pasta, crackers
  - Vegetable & Fruit – all veggies and fruits
    - fruit snacks and fruit rollups do not meet this need
    - for children who do not like veggies, V8 Fusion is a great substitute.