



# Snack Instructions



\*Please place the prepared snack in the cooler/bag provided. This will keep the snack safe on its way to school. It will also serve as a reminder to send snack when your child brings it home!

\*Please prepare enough snacks for \_\_\_\_\_ children. One or two extra would be great, because sometimes snack items get dropped on the floor.

\*Due to severe food allergies to all nuts, please do not send in any snacks containing nuts or that have been manufactured in a facility that also processes nuts. Snack suggestions are listed below, and just be sure to check the labels as you purchase snacks.

\*Please send in the snacks in their original packaging so we can make sure the snack is safe to serve. Or if you want to send in the snack individually wrapped in ziploc bags, please also include the packaging label so we can check the ingredients.

\*You may send the snack individually packaged or send in a box/bag of snack. If you do not use baggies, please send in napkins. Please send the same snack for each child, as choices can cause problems. We do keep extra snack on hand in case we need it.

\*Please DO NOT send in juice boxes EXCEPT for birthdays. If you choose to send in juice boxes for a birthday please do not send red juice (red dye does not come out of the carpet). Please avoid cupcakes with heavily colored icing; it stains the carpet and the kid's clothes.

\*Please DO NOT send in junk food. See the snack choices listed. We will not serve unhealthy snack items. We try to promote healthy eating habits. THIS CAN BE IGNORED ON YOUR CHILD'S BIRTHDAY! Snack will automatically be assigned to your child on the day of or nearest to his/her birthday and we will work in summer birthdays.

## Some Suggested Snacks -

- \*Fruit - washed and cut
- \*Carrots, Celery Sticks
- \*Applesauce, Fruit Snacks
- \*Nabisco Ritz Crackers (plain), Nabisco Wheat Thins, Nabisco Triscuits
- \*Nabisco Saltines, Nabisco Vanilla Wafers, Nabisco Teddy Grahams
- \*Nabisco Fig Newtons
- \*Honey Maid Graham Crackers or Graham Sticks
- \*Keebler Honey Grahams, Cinnamon Grahams, Keebler Vanilla Wafers
- \*Pepperidge Farm Goldfish (all flavors except the sandwich cheese/peanut butter crackers)
- \*Plain Cheerios, Frosted Flakes
- \*Popcorn, Cheese Snacks - Pirate's Booty
- \*Granola Bars, Nutrition Bars, Trail Mixes
- \*String Cheese
- \*Snyder of Berlin Pretzels



For birthdays please just check the ingredients you use (see items below) or check the labels if you purchase store bought items.

- \*Betty Crocker cake mixes and icings (typical vanilla and chocolate)
- \*Pillsbury Funfetti cake mix and Funfetti icing
- \*Cake Mate décors - sprinkles
- \*Kellogg's Rice Krispy Treats
- \*Popsicles - most are fine, but check the labels



Thank you so much! Having a snack prepared and ready to go allows us to spend extra time teaching your child.