



Dear Parents and Guardians:

Snack and juice or milk is nutritional and provided by parents. Every month or two each family is expected to send in 1 gal. of pure juice or milk plus a snack. A schedule will be distributed so you may plan for your turn. Your child will enjoy being the host/hostess.

THE Nursery School would like to encourage parents and students to make healthy food choices when bringing snacks to school. With that goal in mind, we have compiled a list of healthy snack and beverage choices, which meet the following nutritional guidelines:

Total Fat < 7 grams; Saturated Fat < 2 grams; Sodium < 360 mg.; Sugar <15 grams

Recommended Snacks:

Cut-up Fresh Fruit*
Cut-up Fresh Vegetables*
Applesauce, unsweetened*
Yogurt, low fat*
String Cheese, low fat*
Animal Crackers
Cereal Bars
Cereal (dry or with milk)
Cheese and Cracker packs
Cheese Nips
Whole grain crackers
Fruit & Oatmeal Bars & Bites
Fruit & Yogurt Bars
Goldfish Crackers
Graham Crackers
Pirates Booty
Pretzels, low sodium, whole wheat
Pudding, low fat
Rice Cakes
Raisins

Recommended Beverages:

100% Fruit Juice
(No drinks or Fruit Cocktails)
Milk, low fat

*Highly recommended for nutritional value

Some children have allergies to red dye, peanuts, pistachio nuts, and strawberries. Please try to avoid these products. **Please understand that the snack list is only some suggestions, however the beverage list are the only items that are acceptable. Please use your judgment. Exceptions will be made for birthdays.**