

ADS SNACK GUIDE

PLEASE SEND YOUR STUDENTS WITH A HEALTHY SNACK EVERY DAY. SNACK ITEMS SHOULD BE IN A DISPOSABLE CONTAINER OR ZIPLOC BAG.

FRUITS OR VEGGIES

Carrot Chips
Celery Sticks
Cucumber Slices
Edamame
Snap Peas
Apple Slices
Berries
Grapes (Sliced for 3's and under)
Clementines (Pre-peeled at home)

HEALTHY PRE-PACKAGED SNACKS (PLEASE NO SWEETS)

Crackers (Bitsy's and Simple Mills are healthier options)
Individual hummus & pretzels
Popcorn
Granola Bars (Kind Kids, Larabar, RX Bar Kids, Ella's Kitchen, Pure Bars)
Applesauce or other pouches
Dried Fruit or Freeze Dried Fruit Bags
SnaPea Crisps
Veggie Straws
Siggi's Yogurt Drink
Yogurt or Applesauce Cups w/spoon
Cheese Sticks

HOMEMADE SNACKS

Muffins
Energy Balls
Granola Bites or Bars
Trail Mix with dried fruits and cereal

MANY CLASSES ENJOY SNACKTIME OUTSIDE WHEN WEATHER PERMITS AND IT IS TYPICALLY SCHEDULED BETWEEN 9:30 AND 10 A.M. PLEASE CONSIDER THIS WHEN SENDING ITEMS THAT NEED TO STAY COOL. BE SURE TO PROVIDE YOUR STUDENT WITH PLASTIC UTENSILS WHEN NEEDED.

PER STATE LICENSING, SUGARY SNACKS CANNOT BE SERVED BEFORE LUNCH; PLEASE NO COOKIES, FRUIT SNACK GUMMIES OR OTHER FOODS HIGH IN SUGAR CONTENT.