

HEALTHY SNACK IDEAS

SEE BELOW FOR COVID-SAFE OPTIONS THAT HELP OUR TEACHERS MINIMIZE CONTACT AND CLEAN-UP. PLEASE SEND ITEMS IN DISPOSABLE CONTAINERS OR BAGGIES.

FRUITS OR VEGGIES (PACKAGED IN A ZIPLOC OR DISPOSABLE CONTAINER)

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 (COOKIES OR FRUIT SNACK GUMMIES ARE NOT ALLOWED)

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 Cups w/spoon
Cheese Sticks

HOMEMADE SNACKS (PACKAGED IN A ZIPLOC OR DISPOSABLE CONTAINER)

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

WE HOPE TO EAT OUTSIDE EVERY DAY WHEN WEATHER PERMITS. IN WARMER MONTHS, PLEASE CONSIDER THIS WHEN SENDING ITEMS THAT MAY NEED TO STAY COOL. AT THIS TIME WE ARE NOT ABLE TO PROVIDE SILVERWARE - PLEASE SEND A DISPOSABLE SPOON FOR APPLESAUCE AND YOGURT CUPS. THANK YOU FOR YOUR COOPERATION IN ADJUSTING TO OUR NEW SNACK TIME ROUTINE. THIS LIST ONLY APPLIES TO SNACK TIME. PLEASE REFER TO THE LUNCH GUIDELINES WHEN PACKING YOUR CHILD'S LUNCH.