

Lower Elementary Snack Information

2026-2027

Dear Families,

As we begin a new school year together, we want to share an update to our classroom snack routine. In Lower Elementary, snack is an important part of the daily rhythm, giving students the opportunity to notice their needs and care for their bodies, socialize with their classmates, make independent choices, and contribute to the community. To reflect its importance, this year, we are shifting to a **community snack system**.

Instead of sending an individual snack each day, families will be asked to provide a **class snack, for 26 students, twice per year**.

Snack ideas:

Choose one item from at least **two** columns (protein, grain, and fruit/veg) to create a balanced snack. Please slice fruits or vegetables before dropping off the snack on Monday of your assigned week.

Protein

Hummus
Cream cheese
String cheese
Sunflower butter
Bean dip
Cheddar Cheese
Almond Butter

Grain:

Bagel halves
Pretzels
Rice Cakes
Crackers
Pita triangles
Corn tortillas

Fruit/Veggie:

Carrot sticks
Cucumber slices
Apple slices
Dried fruit
Pepper slices
Oranges
Berries

Please avoid candy, cookies and highly processed treats, as they tend to interfere with focus and energy levels during the work cycle.

If your child has allergies or dietary restrictions, please let us know so we can ensure that snack is always safe and inclusive of all students. Cedar Tree will provide snacks for the first two weeks of school— during that time, keep your eye out for an email with a link to sign up for two snack weeks.

Please reach out with any questions. We look forward to a wonderful year.

Warmly,

Lauren, Nora, and Jake