



SNACK LIST



Please see the list below for some healthy ideas for snacks. You may pack items from this list or other healthy items that your child enjoys.

All early childhood and lower school classrooms are peanut/tree nut free. Please do not bring any items containing those products.

Healthy options for snacks:

- raisins
- fresh cut fruit or veggies – for example: grapes, apples, clementines, melon, berries, etc.
- pretzels, crackers, popcorn
- Veggie Straws
- Cheerios or Chex cereal
- cereal bars
- cheese crackers
- hard boiled eggs
- beef sticks
- fruit pouches
- string cheese, yogurt, cheese cubes
- mini bagels or English muffins
- granola bars
- hummus, guacamole, or other dips

Please do not send:

- anything with nuts
- fruit snacks
- chips
- cupcakes / candies
- juice boxes