

# Snack Suggestions

According to state regulations, children must be provided a healthy, nutritious snack which consists of two of the following food groups:

- 1% Milk or 100% Fruit Juice
- Fruit
- Vegetable
- Meat/Meat Alternative
- Bread/Grain - "**whole or enriched grain**" must be 1st ingredient listed on product label. A "whole wheat flour" product is acceptable but "wheat flour" products are not.

Cakes, cookies, doughnuts, or candy will not be permitted unless there is a special occasion such as a birthday celebration or holiday party. All beverages provided must be 1% milk or 100% fruit juice. In the event an inappropriate snack is sent to school, it will be sent back home and a preschool snack will be substituted. Health and Licensing laws require that all snacks come from a bakery or store. All snacks must be sent to preschool in unopened boxes/packages or individually wrapped. Snacks may not contain peanuts or tree nuts.

We encourage parents to allow your children to assist you in choosing nutritious snacks to bring to preschool during their "snack week." This provides a wonderful opportunity to teach your children the importance of choosing and eating healthy, nutritious foods.

## Dairy Products

Cheese and "whole or enriched grain" crackers  
String Cheese  
Pudding  
Yogurt (23g of sugar or less per 6oz serving)

## Fruits

Applesauce  
Pre-packaged Apple Slices  
Bananas  
"Cutie" Oranges  
Raisins

## Vegetables with Dip

Carrots with dip

## "Whole or Enriched Grain" Snacks

(First ingredient on box product label **must be** "whole or enriched grain".)  
Fish Crackers  
Graham Crackers  
Muffins  
Nutri-grain Bars  
Popcorn (4 year olds only)  
Pretzels (4 year olds only)  
Teddy Grahams  
Veggie Straws or Chips