

SNACK TIME



Dear Parents,

Please send in ONE healthy snack with your child each day that does not need to be refrigerated. We will have a light snack in the afternoon before recess. Extra drinks are not necessary as students can drink water. Please portion the snacks so your child can be finished eating in 5 minutes or less.

Please choose from the following snacks to send in daily with your child:

Pretzels
graham crackers
fruit snacks
granola bars
crackers
goldfish
apples
bananas
dried fruit
carrots
popcorn
raisins
Gogurt that has been frozen at home.
Sugar snap peas
 $\frac{1}{4}$ or $\frac{1}{2}$ a sandwich
An orange or tangerine if your child can peel it
Grapes
1 ounce of cheese and a few crackers

Please do not send sugar-filled snacks like candy or cookies or unhealthy snacks like chips or Cheetos.

We will assign one student each week to bring in a box of graham crackers. If your child forgets to bring a snack, he/she will have a graham cracker.

Thanks so much for your support.
The Kindergarten Team