

The following guidelines are presented to assure a school environment that promotes and protects students’ health and well-being. We rely on parents to supply a mid-morning snack for the students in their child’s class.

Please do not bring ANY snack that contains nuts or has come in direct contact with nuts. We are a nut free school and have several students with serious food allergies.

If your child has several serious food allergies, consider providing your child with their own snack as you may not be able to determine what another parent is bringing.

You are encouraged to supply a healthy snack. Healthy snacks supply a boost of energy and are good for the mind! Please provide a drink to go along with your snack (small bottles of water or juice boxes work great).

Here is a list of suggested snacks:

* Challah
* Fresh Fruit
* Mini Bagels with Cream Cheese and/or Margarine on the Side
* Goldfish Crackers
* Cheez-It Crackers
* Pretzels
* Low Fat Breads or Muffins
* Graham Crackers
* Animal Crackers
* Applesauce Cups
* Baked Potato Chips
* Low Fat String Cheese or Cheese Cubes

Remember to bring in enough snack for the entire class! Ask your teacher if you are unsure of the number of students.

If it is your child’s birthday, you are welcome to bring something sweet in for snack, but please let your child’s teacher know in advance.