

Snack information

The food provided for snack needs to come from 2 of these 3 groups:

- Fruits and vegetables- includes 100% juice
- Breads- preferably whole grain - cereal, pasta, crackers, bagels
- Proteins- milk, meats, cheeses, yogurts, beans and legumes

Current Regulation requires that food provided comes to class pre-packaged and unopened.

Snack ideas

Fruit- apples slices, clementine's, grapes, berries

Veggies- carrots, snap peas,

Cheese- sticks or slices

Yogurt- cups or tubes

Sliced lunch meat- turkey, ham or salami

Rice cakes with jelly and cream cheese

Bagels with cream cheese

Crackers

Cereal with milk

Please do not feel that you have to bring in juice, as long as we have food from 2 groups we can just as easily drink water and it is good for us.

Please bring enough food to feed 16 (14 children and two adults). Place it on the snack cart, found in the lobby and onto our class tray, marked with "Haun".

Thank you for all of your help!!

Busy Bee Preschool

