

Snack Time

Our preschool licensing, by the state of Minnesota, requires us to serve 2 of the 4 food groups for: fruit/vegetables, meat/meat alternate, grains/breads, and milk/dairy. Please keep this in mind when sending snacks to school. A few **examples** of what you could send are:

- *Bananas and goldfish
- *Go-GURT's and crackers
- *Applesauce cups with string cheese



St. Joseph's School and Preschool are multi-function facilities. Therefore, we are not a "nut free" zone. However, in support of those students with severe nut allergies, we do not serve snacks that include nut ingredients.

*****Snacks which list peanut or nut ingredients on the nutrition label or state "May contain nuts" will NOT be served during snack time.***
Your attention to the nutritional labels and your support is appreciated.

- Each family will be responsible to provide store bought snacks for the class on a rotating basis. You will be assigned a date on the teacher's monthly calendar. Please bring the number of snacks written on your snack calendar for your class. ***Also, include any plastic utensils needed for your snack*** (example: spoons for applesauce).
- **Beverages:** We will be providing water for the children to drink at snack time. Please do not send juice or milk to school.
- **Store-purchased:** Snacks should be healthy. It is our policy that all snacks be **store-bought**. We cannot serve any homemade goodies. Please send snacks in their original container so teachers can see the nutritional information in case there is a question as it relates to allergies. Refrigeration is available if needed.
- **Grapes, raisins, and popcorn are not served in any class.**
- **Carrots and pretzels are not served to the Terrific Threes Class.**
- **Birthdays** - In celebration of birthdays, we will assign your child's snack day as close as possible to the actual birthday. Summer birthdays will be celebrated close to the "half" birthday. Birthday treats can be something special, such as: fruit, yogurt, bite sized muffins, donut holes, or mini cupcakes.

Peanut-Free/Nut-Free Snack Suggestions

*** Please check labels on packaging ***

Fruits- All Fruits must be washed/cut at home

Bananas
Apples
Blackberries
Blueberries
Strawberries
Cantaloupe
Oranges
Raspberries

***No grapes, please*

Fruit Cups: Pears, Peaches, Mandarin Oranges

Applesauce Cups

GoGo Squeeze Fruit Pouches

***No fruit snacks, please*

Vegetables- All Vegetables must be washed/cut at home

Red/Yellow/Green Bell Peppers
Sugar Snap Peas
Celery Sticks

Petite Cut Carrots/dip- Prek4's, Full Day 4's & 4/5's only.

*** No carrots for the Terrific 3's*

Miscellaneous-

Pretzels- Prek4, Full Day 4's and 4/5's only

*** No pretzels for the Terrific 3's*

Cheese – individually wrapped

Yogurt (not soy brands)

Go-Gurt, Danimals etc

Teddy Grahams

Graham Crackers or Sticks

Ritz Crackers- No peanut butter

Cheez-its

Triscuits

Wheat Thins

Saltine Crackers

Animal Crackers (soft)

Goldfish

Handi-Snacks Crackers with Dip

Cheese Sandwich Crackers

***No high-sugar snacks, please
(cookies, cupcakes, cake, fruit snacks)**

Please keep the snack information in a special spot at home to use for future reference.

Thank you for your support in helping us provide a healthy snack to all of our preschool children.