



Snack Guidelines

please pack only **1 or 2** items for snack

NO NUTS / NO NUT PRODUCTS

- Fresh Fruit (washed and cut if needed)
- Fresh Washed/Cut Vegetables (dip optional)
- Dried Fruit
- Raisins/Dried Cranberries (plain or yogurt)
- Freeze-Dried Fruits or Vegetables
- Canned Fruit
- Fruit Cups
- Apple Sauce
- Yogurt/Yogurt Tubes/Minigos/Drinkable Yogurt
- Cottage Cheese
- Cheese Strings
- Cheese/Meat/Crackers
- Granola Bars/Fruit bars/Cereal Bars
- Muffins (not cupcakes)
- Toast/Bread/Bun/Bagel (with butter, cheese, jam, cream cheese etc)
- Low Sugar Cereal (Cheerios, Chex, Shreddies)
- Digestive Cookies
- Crackers and Pretzels

- Graham Crackers
- Hummus
- Hard Boiled Egg (Peeled)
- Roasted/Seasoned Chickpeas



Please only send Water, Naturally Flavored Water, Milk or Kefir for drinks

Other **healthy, nut-free** options are welcome

Please **do not** send Chocolate, Candy, Cookies, Chips, Pop or other high-sugar snacks
(special celebrations may be an exception - we will let you know before each date)