

DAILY SNACK POLICY

PRESCHOOL thru 4TH GRADE

Each student in Kindergarten through 4th grade will be allowed to bring a morning snack and small container for water to have prior to their lunch period (they will need to use their water container instead of water fountains. They can be refilled at school if necessary.) It is important to ensure the snack is healthy.

Please see your homeroom teacher for additional guidance.

SNACK LIST “Brain Food”

Fresh or dried fruit, fruit leather
Applesauce
Fresh veggies with/without dip
Seeds (sunflower, sesame, pumpkin)
Trail mixes (without candy)
Whole grain crackers/pretzels
Rice cakes (no chocolate)
Popcorn (unbuttered)
Graham crackers

Low-fat pudding cups
Low-fat yogurt (no sweet topping)
String cheese/low fat cheese cubes
Jerky meat
Edamame
Baked/reduced fat chips
Reduced fat granola bars/cereal bars (no chocolate)
Chex mix/goldfish snack mix