

Suggested Healthy Snacks

**Celery/Carrots/broccoli and ranch dip
Carrots and ranch dip
Pretzels
Graham Crackers
Bagels and cream cheese
Strawberries, cantaloupe, oranges, grapes, apples, pears,
Snack-sized fruit cups
Raisins or fruit leather
Granola or granola bars
Whole Wheat Crackers
Dry cereal (not sugar cereals)
Goldfish crackers
Rice cakes
Jerky
Tortilla chips & salsa
Tortillas
Whole wheat bread and butter**

Please do not prepare the snack beforehand. Children and a teacher will do this.

Please! No candy, soda-pop, chips/Cheetos, or red drinks (to prevent stains).

**Thank you for understanding our commitment to
healthy minds and bodies.**

Ms. Amy and Ms. Alicia