

PRESCHOOL SUGGESTED SNACKS
(PS 2's = 15 children)

Snacks will be provided for a week (usually 5 days). A snack schedule will be produced and handed out to each family. If you cannot provide snacks for the week you were assigned, please notify Mrs. Goetz.

The following list of snacks are just suggestions.

BANANAS (leave whole, we will cut them). One banana serves 2 children.

GRAPES Red or Green seedless grapes. 10 - 15 grapes serves one child.

APPLES The pre-sliced apples work best

APPLESAUCE In individual containers

STRING CHEESE individually wrapped (the cheese presliced squares work well too)

CHEESE / CRACKERS The presliced cheese for crackers works nicely—Townhouse or Club crackers work well for crackers

GOLDFISH CRACKERS Regular or Giant

GRAHAM CRACKERS We will separate the rectangle pieces here

YOGURT CUPS Individual cups

SIMPLE COOKIES / CRACKERS such as Ritz, Teddy Grahams, Cheese Nips, etc. (one box will probably last 2 days)

CEREAL (Chex cereal)

We serve water to the children and we provide the napkins and cups. If your child uses a “sippy” cup, please provide a labeled cup. We will hand wash these cups each day, but will also send these cups home to be washed in the dishwasher at the end of each week.

Plastic spoons will be needed for yogurt or applesauce.