

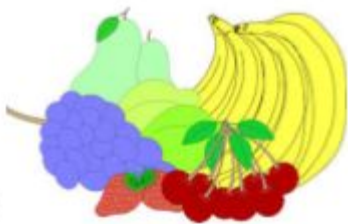
- Squeeze Pouches
- Applesauce
- Hard Boiled Eggs
- Fresh Popcorn (not microwaved)
- Whole Grain Crackers
- Graham Crackers
- Pretzels
- Whole Grain Goldfish
- Granola
- Yogurt
- Cheese Stick



**Some healthy snacks may include, but are not limited to:**

#### Fresh Fruit

- Apple slices
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Honeydew Melon
- Kiwis (cut in half and give child a spoon to eat it)
- Mandarin Oranges (Cuties or Halos)
- Mangoes
- Oranges
- Pears
- Pineapples
- Raspberries
- Strawberries
- Watermelon



Both the 3 yr. and 4 yr. old classrooms will be **NUT FREE** this school year due to severe food allergies among students. Thank you for your understanding!

#### Dried Fruit

- Banana
- Apple
- Cherries
- Cranberries
- Raisins
- Yogurt covered raisins
- Pineapple
- Papaya



#### Fresh Veggies with Hummus or Ranch Dipping Sauce:

- Carrots
- Celery
- Broccoli
- Snap Peas
- Cauliflower
- Red Pepper Sticks
- Cherry or Grape Tomatoes
- Cucumber Slices

