

# Trinity Lutheran Church Preschool

## Snack Idea List

### WHAT DO I BRING?

To fulfill state requirements, we serve students **two** food groups at snack time. One of the choices may be a drink of milk or 100% juice. Water is served with every snack.

The list below gives ideas of items you can bring; however, it is not all inclusive! We appreciate your creativity & health-minded attitude when providing snack for our children.

### WHEN DO I BRING SNACK?

Check your child's folder!

The calendar will show your assigned week – approximately once every 3 months.

#### Grains

- Whole grain crackers
- Pretzel sticks
- Goldfish crackers, cheddar bunnies, or Cheeze-Its
- Pretzel thins
- Popcorn
- Mini-rice cakes or rice crackers
- Fruit bars (i.e., Nutri Grain)
- Breads / muffins (banana, cinnamon, zucchini)
- Cereal snack mix
- Mini-bagels & spread



#### Proteins

- Sliced deli meat
- Meat and cheese kabobs
- Pepperoni

#### Fruit

- 100% Juice
- Apples
- Strawberries, blueberries, raspberries
- Grapes
- Bananas
- Melon chunks
- Raisins, cranberries
- Oranges
- Applesauce
- Fruit Kabobs



#### Veggies

- Carrot sticks / celery sticks with ranch
- Sugar snap peas
- Red bell pepper strips
- Cucumber slices
- Grape Tomatoes



#### Dairy

- Milk (must be 2% or whole)
- Yogurt squeeze tubes
- Cheese cubes or slices
- String Cheese
- Laughing Cow or Babybel cheeses

#### Birthday Snacks & Holiday Parties

You may bring a special treat for the class, such as Rice Krispies treats, cupcakes, cookies, etc. Balancing a sweet treat with fruit/veggies or milk is appreciated!

FOOD NEEDS CUTTING OR REFRIGERATION?

**NO WORRIES!**

*Our aide will prepare the items and deliver them to the classroom right before snack time.*

