

Trinity Lutheran Church Preschool

Snack Idea List

WHAT DO I BRING?

To fulfill state requirements, we must serve students **two** food groups at snack time.

One of the choices may be milk or **100% juice**. Water is served with every snack.

All food must be **store-bought** (i.e., no homemade muffins or desserts) and come in unopened packages.

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 the back of your child's folder!

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

Grains

- Whole grain crackers
- Pretzel sticks or pretzel thins *
- Goldfish crackers, cheddar bunnies, or Cheez-Its
- Graham crackers or teddy grahams
- Popcorn *
- Mini-rice cakes or rice crackers
- Fruit bars/cereal bars (i.e., Nutri Grain)
- Breads / muffins
- Box of Cereal
- 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 cheese

Birthday Snacks & Holiday Parties

You may bring a special treat for the class, such as Rice Krispies treats, cupcakes, cookies, as long as it is store-made and packaged. 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.

THIS SCHOOL IS A



**DUE TO POSSIBLE CHOKING HAZARD, THESE ITEMS WILL ONLY BE SERVED TO A PREK CLASS.*