



Healthy Snacks

The Kindergarten students will be having snack daily. Please send snack in a bag separate from their lunch bag. Below is a list of healthy snack suggestions:

Food:

Fruit: washed, peeled and cut
Carrots, celery, sweet pepper sticks
Rice cakes
Apple slices
Crackers with butter
 $\frac{1}{2}$ sandwich
Celery with cream cheese
Yogurt
Cheese and crackers
Turkey, ham, salami slices wrapped around a breadstick
Jell-O

Drinks:

Water
Juice (100% fruit juice)

