

Snack Guidelines

Snack time is an important part of every child's morning in the Children's House, because it is actually an opportunity to learn.

Children learn to set a table, share food, stay at their seat for the duration of their snack, socialize with their peers, and clean up after themselves. They also learn how to self-regulate when they are hungry.

Because of this, snacks are considered school supplies for your child. Please sign up to provide snack for 1-2 weeks:

Please include three carbs, two sides, two vegetables and two fruits for five days for 24 children each day. They will not eat an entire serving but just small portions of a serving.

Thank you!



Carbs	Sides	Vegetables	Fruits
Pita Bread	Hummus	Carrots	Apples
Graham	Cheese	Cucumbers	Mandarin
Crackers	Cream Cheese	Celery	Oranges
Popcorn	Ranch dip	Raw Broccoli	Bananas
Bagels	Cheese dip	tops	Grapes - sliced
Ritz Crackers	Sunflower	Bell peppers	Berries
Wheat Thins	Butter		Melon
Pretzels			Raisins
Chex Mix			
Rice Cakes			
Cheez Its			
Gold Fish			