



## Suggested Healthy Snack/Drink List

Preschoolers will have to bring in their own snack/drink each day. We encourage you to talk with your child about what their favorite healthy snack is and have them to bring to school to enjoy. If your child forgets a snack, we will have something for them. Please use the list below as a guideline.

Be creative and have fun!

### **Snacks:**

- Fresh fruit (Apple slices, banana, cuties)
- Cheese (string or slices)
- Sausage and crackers
- Dried fruit
- Vegetables (Carrot sticks, Celery sticks or cucumbers)
- Unsweetened fruit cups or applesauce
- Popcorn or Veggie Fries
- Dried cereal
- Trail mixes
- Granola bars
- Graham crackers, Teddy Grahams, Pretzels, Goldfish
- Yogurt tubes

### **Drinks:**

Each child should bring in a water bottle to use during the day and at snack.

*Please note that candy, cookies and artificially sweetened (diet) or sugary drinks  
WILL NOT BE SERVED at our school.*

*\*\*\*\*\*Special exceptions are made when you are celebrating your child's birthday.  
You may bring in special prepackaged treat to share\*\*\*\*\**

Revised 8/2/21