

GUIDELINES FOR SNACK

We ask that the parents of our students provide snack for their child's classroom each month on a rotating basis. Providing snack is such an important contribution! It creates variety, reduces work for the staff, and helps to keep our costs down! (Your snack costs are tax deductible as allowed by law.) There are approximately 26 children in each preschool class and 12-16 in each toddler class at any given time; therefore, the snack rotation falls anywhere between one and two times a month depending on how many school days there are in a given month. Snack calendars will be placed in your mailbox or emailed to you each month and then posted on the classroom bulletin board for your immediate reference. If you forget your child's snack day or your child is absent on his/her assigned day, the school will provide snack for the class and you will be charged \$20 on the following month's invoice unless you are able to replenish the snack.

Additionally, in order to offer variety and proper nutrition, we have assigned a "food group" to each day of the week. Please provide a ¼ cup per person serving of a nutritious fruit or vegetable from the assigned day for **four dozen preschoolers** or **two dozen toddlers**, along with cups, napkins and **one gallon of 100% fruit or vegetable juice or one gallon of whole, pasteurized milk for toddlers; and whole, reduced fat, low fat, or skim milk for preschoolers.** Water is NOT an acceptable substitution for juice or milk but will be made available to your child throughout the day. The list of food groups is as follows:

Monday	FRUIT	IE: any kind, fresh or canned, any combination, dip optional- NO FRUIT ROLL UPS OR FRUIT CHEWIES, PLEASE.
Tuesday	VEGETABLES	IE: any kind, any combination, dip optional
Wednesday	FRUIT	IE: any kind, fresh or canned, any combination, dip optional- NO FRUIT LEATHER OR FRUIT CHEWIES, PLEASE.
Thursday	VEGETABLES	IE: any kind, any combination, dip optional
Friday	FRUIT	no crackers, please.

All tree nuts are prohibited. Tree nuts or foods with tree nuts in them will NOT be served. Sunflower butter is a good substitution for peanut butter.
All homemade food must be accompanied by an ingredient list so we know exactly what we are serving to our students.

The snack guidelines are not suggestions, they are state regulations as well as school policies and it is important that you abide by them. We can only serve **100% fruit or vegetable juice and pasteurized, milk**, so please read labels carefully. If the bottle says "drink", "cocktail" or anything other than "100%" juice, we won't be able to serve it and will have to return it to you and charge your account.

REMEMBER:

- NO NUTS, NO NUTS, NO NUTS! All tree nuts are prohibited.
- Send 4 dozen prepared snack servings, cups, napkins, one gallon of milk or 100% juice for your preschooler's class; less for toddlers.
- Please include plates, forks or spoons when necessary.
- Make sure the snack is washed, cut and prepared to serve.
- Include an ingredient list on all homemade food items.
- Label all containers so they can be returned to you.
- Snack is served twice a day. Leftovers are not returned.
- Do not send pudding cups, jello, fruit chews, cupcakes, cookies, candy, marshmallows or any other sweetened, processed food products for snack. The same rules apply for birthday snacks. SEE THE TEACHER FOR INSTRUCTIONS.
- Children with food allergies should bring an individual snack each day or keep an alternative snack on site.
- Have fun with the snack day! Let your child help select and prepare the snack he wants to serve and the item he wants to share.