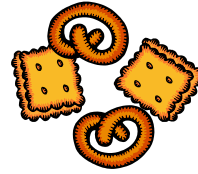




Snack Time



Healthy snacks have been proven to be “brain boosters” and foster alert and well-nourished students. Please send a healthy snack that can be eaten in a short amount of time and requires no preparation or clean up. Please do not send a snack that requires any eating utensils. Please do not bring a snack that contains peanuts, peanut oil or coconut. Snacks are optional and will not be shared or provided. It is important that we set good eating habits by choosing our snacks wisely.

Healthy snacks include:

Fruits

Vegetables

Crackers

Cheese

Animal Crackers

Pretzels

Granola bars

Fruit bars

Raisins

Non sugar coated cereals

Not-so healthy snacks include:

Chocolate

Candy

Candy Bars

Fruit roll-ups

Fruit by the foot

Cookies

Chips

Pastries

Sugar coated cereal

*Please keep in mind that this list is a guide to choosing a healthy snack.

Students are allowed to bring a water bottle to school to allow for hydration during the day. Students should arrive with a filled bottle and are allowed a midday refill.