



Snack Time in Our PreK3 Class



Allergies: KNS is a **NUT-FREE** school! Please **NO** peanut butter or tree nuts!

Information: Snack Time allows for the children to experience new snack choices, to practice spreading and cutting with a plastic knife, and, most importantly, practicing their manners. "Please" and "Thank you" should be frequently heard and used as the children are encouraged to pass items amongst themselves and their teachers. The children will need to ask to please be excused from their tables upon completion of their snack. They are responsible for cleaning up their own area including disposal of their trash.

The working parent supplies snack and drink for the entire class (including teachers and yourself) and we kindly ask that you supply **2 healthy choices**. If we are celebrating your child's birthday, a sweet treat is fine, but please consider offering something healthy as the 2nd choice. (For example, donut holes with strawberries.) Plastic silverware, cups and napkins are available at the school for snack time use.

Please remember the children are small so portions do not have to be large! Pre-packaged items are generally more than they can eat. Family style serving is best as we can control the portions served.

Please remember to record your snack and juice on the Snack Sign-In Sheet. Kindly check the sheet to see what has been brought in prior to your snack day. The children get tired of the same thing over and over again!

(See reverse side for healthy snack ideas!)

Healthy Snack Ideas

(Just suggestions! You are not limited to these!)



Fruits/Veggies

Apple slices
Applesauce cups
Oranges
Halos
Grapes
Fruit cups
Cucumber slices
Carrots
Pepper strips
Strawberries
Pineapple
Bananas



Grains

Graham Crackers
Wheat Thins, Ritz crackers
Dry Cereals (Cheerios, Cinnamon Life, Golden
Grahams, other healthy type choices)
Goldfish
Animal Crackers
Pretzels
Garden Veggie Straws
Honey Maid Dippers
Pirate's Booty, Smart Food, Skinny Pop
Teddy Grahams
Banana bread, zucchini muffins, mini bagels

Dairy

Yogurt
Cheese Sticks
Cheese cubes

Extras

Jam for crackers
Cream Cheese
Veggie Dip
Hummus
Guacamole

Drinks

100% Juice
Lemonade
Hot Cocoa
Milk/Chocolate Milk
(Water is always
available at snack
time!)

