Snack Procedure- Our snack time is limited, so simple is best. I am asking each family to sign-up approximately once a month to provide snack for 26 children. I have put suggested snack items on specific days. If you would like to bring something different PLEASE THINK HEALTHY! A list of some nutritious snack ideas is noted below.

Monday Snack Homemade Cookies or Muffins- Involve your child in the preparation if possible. We’ll be interested in his/her retelling of the process.

Tuesday Snack Fresh Fruit- In season fruit would be fine. If you can get 26 small apples, grapes in small bunches, or cut up fruit with toothpicks. Please remember to wash the fruit. The children always love apples, bananas, and clementines!

Wednesday Snack Bread and Spread- Feel free to be creative. Some ideas include: bagels and cream cheese, bread and jam, or English muffins and butter. Firmer bread is easier for the children. It also holds up better in backpacks. Please make sure there are 26 slices of bread.

Thursday Snack Vegetables and Dip- Please wash, cut, and clean your child’s choice of vegetables. One or two kinds of veggies are a good choice. 104 pieces would be adequate with a container of dip. Please DO NOT send pre-packaged veggie trays, they provide too much food.

Friday Snack Food with a Spoon- This is a great time to send in a snack such as yogurt, applesauce, jello, or fruit cup. This can be as simple or elaborate as you choose to make it as long as it is healthy.

REMEMBER- THIS IS A SNACK NOT A MEAL. ALLERGY ALERT- I have many children in my class this year with food allergies. The Mouse Room is a nut free classroom. This means no peanuts, no tree nuts, and no peanut butter. We also have a severe sunflower and sesame seed allergy. Please avoid these while baking. I will do my best to accommodate your child’s individual needs and include them in the snack process. If your child has a food allergy and you would feel more comfortable sending in a separate snack please let me know. I will try to have you bring a snack similar to what is on our calendar for the day.