

Macland Presbyterian Preschool

Snack List

Dear Parents,

In an effort to promote healthy snack habits in our children and to support our students with special dietary needs we have created this list of acceptable snack options. This list was created to include snacks for all age groups so please use discretion when selecting snacks for toddlers and avoid things which would be a choking hazard. Please strictly adhere to the following list when providing snack for your child's class. Thank You!!

NO PRODUCTS CONTAINING NUTS

- Goldfish
- Pretzels
- Graham sticks
- Cracker sandwiches - cheese filling only
- Mini rice cakes
- Animal crackers
- Wheat thins
- Crackers with cheese
- Carrot sticks
- Grapes
- Apple slices
- Raisins
- Orange slices
- Fruit cups
- Bananas
- Pear slices
- Cheerios

*******Remember that we only drink water at snack time, so please send a water bottle/sippy cup with your child every day.**