

## Some Snack Suggestions.....

You are responsible for snack and drink on your "working day". Please check the parent work schedule for your class to see when your working day is. When planning drinks, please allow for at least 6 ounces per child. (No Kool-Aid please)

Here are some ideas:



- Cider
- Cran-Apple Juice
- Milk (white or chocolate)
- Grape Juice
- Lemonade
- Hi-C



It is fun to coordinate the snack with the theme for the day ~ such as a color, shape, or holiday. We do some cooking in our classroom and sometimes only need the supplies brought for snack, with no additional preparation on your part. Please check the learning sheet for "specific" snack days, or those days which require ingredients. When your learning sheet says "Parent/Child Choice", here are some suggestions:

### Blue Snacks

- Blueberries- of course
- Blue Jell-O w/gummifish



### Yellow Snacks

- Bananas
- Pineapple
- Lemon Pudding
- Peaches

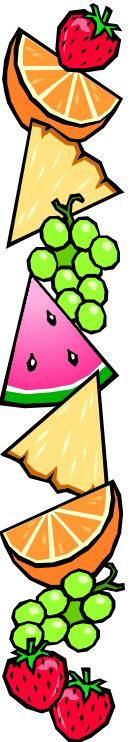


### Green Snacks

- Celery/Dip
- Zucchini Bread
- Ants on a Log

### Red Snacks

- Watermelon
- Strawberries
- Raspberries
- Red Finger Jello
- Apple Sections



### Favorites

- Goldfish Crackers
- Animal Crackers
- Apple Wedges with Peanut Butter or Cream Cheese
- Cheese and Crackers
- Pretzel Sticks
- Pudding
- Popcorn
- Cookies



(no vanilla wafers please, unless specifically requested)



Snacks need not be large, just time to experience new foods and some quiet conversations. ~You'll love the results if your child has learned to love at least one new food this year!~

**\*Please check the refrigerator in the kitchen for a list of allergies in your class**

### Our Snack Song



"My hands upon my head I place/Upon my shoulders on my face/ At my waist and by my side/  
And then behind me they will hide/ and I will raise them way up high/  
and let my fingers, fly, fly, fly/ Clap, Clap, Clap/ One, Two, Three/ See how quiet they can be/  
Shhhhhh.....

