

St. Mark's Preschool - Snack List

PLEASE check that all items purchased are completely NUT FREE

FRUITS and VEGETABLES (Preferred):

Fresh cut fruit in original store packaging

Whole fruit - (do not prewash or precut) banana, pears, clementines, etc.

Fresh veggies in original store package (baby carrot sticks, snap peas, cucumbers, etc.)

Ranch dressing to go with veggies (optional)

Fruit Cups (no coconut water ingredients)

Apple Sauce (cups preferred to squeeze style)

Canned fruit (pineapple, pears, peaches, etc.) - (no coconut water in ingredients)

Raisins

Frozen Fruit Bars

DAIRY and GRAIN:

String cheese, prepackaged sliced cheese

Yogurt - individual cups

Goldfish crackers, Ritz Crackers, Triscuits, etc.

Graham Crackers / Teddy Grahams

Nutri-grain bars

Rice Cakes

Microwave Popcorn

Pretzels

BEVERAGES:

100% fruit juice (no frozen from concentrate, no coconut water ingredient)

Gallon containers of water

Milk

BIRTHDAY TREATS ONLY

Frozen Fruit Bars, Popsicles, or Push-ups

Individual Ice Cream Cups

Oreo brand cookies

Prepackaged mini-muffins (blueberry or chocolate chip)

ST. MARK'S PRESCHOOL SNACK REGULATIONS

Here at St. Mark's, we comply with DCFS regulations regarding daily snacks. This means all snacks must come to us **sealed and prepackaged**. Items from the fresh fruit / veggie list are preferred. All preschool staff members are certified food handlers and can prep fresh fruit / veggies that are sent in store packaging--- please **do not** pre-wash or pre-cut at home.

We assign each family a couple of opportunities each year to provide snacks / drinks for the whole class. We will provide cups and paper goods. As we implement concepts of healthy eating in our preschool curriculum (learning about "GO foods" and "WHOA foods") we encourage **simple and healthy** snack choices for our students.

We have a number of students who have food allergies including severe nut allergies, therefore we are a **NUT FREE** school. When selecting snack items for our school, **please check ingredients** to make sure there are **no nuts of any kind** in the ingredient list. This includes beverages (anything containing coconut water is prohibited.)

If your child takes part in any of our enrichment or extended day programs that include lunch bunch, please remember not to pack peanut butter or any items containing nuts in their lunch as we do not allow these items in our school.

If your child has food allergies other than nut allergies or has special dietary considerations (gluten free, etc.) please make sure we have that information on file in the office and alert the teacher and assistant. Consider providing an alternate safe snack that we can keep on hand if needed.

Please direct any questions regarding snacks to the preschool office.