

John McMillan Preschool Healthy Snack List 2020-2021

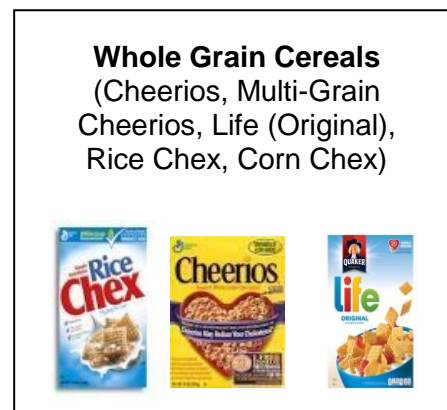
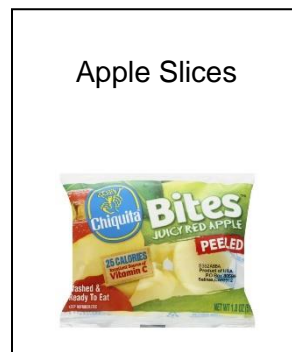
We are a **nut-free** school.

This includes products processed on **shared equipment**.

Please read **labels** carefully.

All food must be brought in in **unopened containers** (you may bring in the big boxes/jars as long as they are unopened-teachers will send the leftovers home).

We strive to be healthy and reasonable with our school **snack** list:



Our policy reflects our goal of providing a **safe and healthy environment** for our children. It also gives children with allergies the opportunity to see teachers model the very important life skill of **reading labels** and always checking food to see if it is appropriate for them. And, it gives us an additional opportunity to discuss how we are all different!

Please note that recommended serving sizes for Pre-K and Preschool age children are small. So, one box is perfect! Check out www.healthychildren.org for more information.

Reasonably Healthy Party/Special Day Snack List

We are a **nut-free** school.

This includes products processed on **shared equipment**.

For Birthday/Holiday/Special Class Celebrations/Parties:

Popsicles



Fruit Bars



Frozen Yogurt Tubes



Teddy Grahams
Bunny Grahams



Nabisco
Honey Maid
Graham Crackers
Honey



Nabisco
Nilla Wafers



Lofthouse
Frosted Sugar
Cookies



100% Fruit Juice



Eat'n Park Mini
Smiley Cookies
(pre-packaged)



Birthday Cake
Oreos

