



### More Ideas:

- Rold Gold classic style pretzels- tiny twists, stick pretzels, honey wheat twists
- Snyder's pretzels
- Thomas' Mini Bagels with a tub of cream cheese
- Popcorners- any flavor
- Sensible Portions Garden Veggie Straws
- Welch's Fruit Snacks
- Kraft Graham Crackers - Honey made or original
- Keebler Graham Crackers
- Skinny Pop Popcorn
- Kellogg's Nutri-Grain Bars
- Quaker Rice Cakes
- Store-sealed muffins (no mention of any nuts at factory)

You are not required to stick to the list but please make sure to check labels before bringing in snack.

### Show-and-Tell

Don't forget that on your child's snack day, it is also your child's show-and-tell day. They may bring one item from home to share in circle. Upon arrival show-and-tell items should be placed on the yellow teacher chair by the large rug. If your child misses their snack day, feel free to let them bring show-and-tell the next class. Following Loudoun County Public Schools, we never permit any toys resembling weapons, including lightsabers.



## A Room to Grow Preschool Snack List

Here is a list of suggested snack ideas for preschool. We strongly encourage parents to provide healthy foods for snack. Bringing two choices for snack is preferred because it allows the children to have some choices. **All snacks that are sent to school must be nut-free due to life-threatening food allergies.** If packaging says it was manufactured on equipment that also handles tree nuts/peanuts then it is not considered nut-free and we cannot serve it. Snack needs to be in the original packaging so we can check expiration dates and ingredients.

Please bring either a bottle of juice (any flavor) or water with snack.

Our school has a refrigerator and freezer available for our use. We will provide cups and napkins. If the snack you are providing requires spoons, please provide those. If your assigned snack day does not work for you, you are welcome to switch with another parent. Please let us know of the change.

Thank you for your cooperation as we strive to keep the children healthy and safe.

## Snack Ideas

### Dairy:

- Yoplait Go-Gurts
- Danimals Smoothies
- Any brands of cheese:  
Cheese sticks, cheese wheels or  
Store-sealed, pre-sliced cheese  
slices

### Crackers and Snacks

- Pepperidge Farms Goldfish -  
any flavor
- Annie's Bunnies – any flavor
- Sunshine Cheez-It crackers -  
original or white cheddar
- Nabisco Cheese Nips
- Nabisco Wheat Thins
- Nabisco Triscuit Crackers
- Nabisco Teddy Grahams - any  
flavor
- Keebler Town House  
Crackers

### Fruits and Such:

- No grapes, due to choking hazard
- Washed, store-sealed, raw vegetables  
such as carrot or celery sticks
- Store-sealed fresh fruit assortments
- Canned fruits such as pineapple chunks
- Applesauce or applesauce pouches  
(please provide spoons if needed)
- Fruit Cups (please provide spoons)
- Clementines or Tangerines
- Strawberries or raspberries
- Bananas (we will cut the bananas in half)
- Apples (we have an apple corer &  
we cut them at preschool) or store-  
packaged apple slices
- Dole raisins or craisins

## Snacks Ideas for Birthday Celebrations:

This list is for "birthday snack". Please do not choose a snack from this list unless it is your child's birthday celebration which will be marked on the snack calendar. Feel free to bring in special napkins or plates for your child's birthday celebration.

No Cupcakes or Cake is allowed.

- Nabisco Cookies Chips Ahoy  
Cookies - original or bite size
- Nabisco Oreo Cookies -original or  
bite size
- Nabisco Nilla Wafers -original and  
minis
- Kellogg's Rice Krispie Treats
- Pudding- either Jell-o brand or  
Hunts Snack Pack (please provide  
spoons)
- Popsicles - (no mention of any nuts  
at factory)
- Ice Cream Cups (no mention of any  
nuts at factory)
- Entenmann's Little Bites - Fudge  
Brownies
- Doritos - original
- Ruffles potato chips
- Lays or Utz classic potato chips

