**Healthy snack suggestions**

**WE ARE A PEANUT/TREE NUT FREE FACILITY**

**Please remember to check food labels for:**

-Contains nuts

-Processed in a peanut/tree nut facility

* Go-gurt/yogurt cups
* Cheese slices with crackers
* Washed and cut up grapes in quarters
* Sliced strawberries
* Graham crackers/teddy grahams
* Broccoli or Carrot **chips** with ranch dressing
* Rice cakes
* Pretzels sticks/twist (no nuggets)
* Bananas
* Prepackaged apple slices
* Cheez-its
* Ritz or Townhouse crackers
* Fruit kabobs
* Nilla wafers
* Veggie straws
* Prepackaged mini-muffins
* No sugar applesauce cups/pouches
* Fruit/pudding cups
* Meat and cheese roll ups
* Freeze dried fruit
* Fig Newtons
* Fruit and grain bars

**DO NOT SEND IN:**

**POPCORN, CHEESE CUBES, Gummy treats of any kind, WHOLE BABY CARROTS, OR WHOLE GRAPES**

No ice cream, cupcakes or cookie cakes as a regular snack. We save these items for special Birthday snacks.

If an item is in your child’s lunch box that is not able to be consumed in this facility, we will bag the item and send it back home.