

COUNTRYSIDE MONTESSORI PRESCHOOL BUILDING SNACK LIST

Here at Countryside, we serve two snacks per day. To prevent your children from eating nothing but donuts & cookies, we have **dairy/protein** with our early morning snack (9:30-10:30) & **fruits/vegetables** with our mid-afternoon snack (2:30-3:30). The amount to bring is listed. This meets the state requirements and is also very healthy for these young leaders of tomorrow. (We supply the non-perishable grains.)

** A note about bringing substitutions:*

Your child's snack day is listed on their classroom's Monthly Lesson Plan. If you want to bring something other than requested. It needs to be nutritionally equal. (There is a list of nutritionally appropriate substitutions on Countryside's Website.)

SNACK #1



1 tub Fruit Yogurt
(Wheat Crackers)
5 Apples
(Cheese Crackers)

SNACK #2



1 can Refried Beans
(Ritz Crackers)
1 package Cherry Tomatoes
(Pretzels)

SNACK #3



1 tub cream cheese
(Graham Crackers)
5 Peaches
(Nilla Wafers)

SNACK #4



1 package Deli Sliced Turkey
(Wheat Crackers)
3 Cucumbers
(Gold Fish)

SNACK #5



20 Cheese Sticks
(Saltines)
1 bag Grapes or Berries
(Ritz Crackers)

SNACK #6



1 tub Fruit Yogurt
(Graham Crackers)
1 bag Carrots
(Gold Fish)

SNACK #7



1 tub Hummus
(Ritz Crackers)
5 Pears
(Pretzels)

SNACK #8



1 quart Milk
(Cheese Crackers)
5 Sweet Bell Peppers
(Wheat Crackers)

SNACK #9



1 package Deli Sliced Ham
(Saltines)
10 Bananas
(Graham Crackers)

SNACK #10



20 Cheese Sticks
(Pretzels)
1 bag Raisins or Dried Fruit
(Cheese Crackers)