











# Countryside Montessori - Snack List Suggestions for Alternate Snacks.

**COUNTRYSIDE MONTESSORI TODDLER 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	SNACK #2	SNACK #3	SNACK #4	SNACK #5
				
1 tub Yogurt (Cereal)	1 lb Cheese (Rice Cakes)	1 quart Milk (Cheese Crackers)	1 tub Yogurt (Graham Crackers)	1 bag String Cheese (Ritz Crackers)
3 Apples (Cheese Crackers)	2 cans Carrots (Ritz Crackers)	2 cans Mandarin Oranges (Cereal)	2 Cucumbers or Broccoli (Saltines)	2 cans Peaches (Nutri-Grain Bars)
SNACK #6	SNACK #7	SNACK #8	SNACK #9	SNACK #10
				
1 tub Yogurt (Cheese Crackers)	1 lb Cheese (Graham Crackers)	1 quart Milk (Fig Newtons)	1 tub Yogurt (Saltines)	1 bag String Cheese (Cereal)
4 Bananas (Nilla Wafers)	2 Zucchini (Cereal)	2 cans Pears or Melon (Rice Cakes)	2 cans Peas or Green Beans (Cheese Crackers)	2 cans Fruit Cocktail (Ritz Crackers)

The food we ask you to bring on your child's snack day can be substituted as long as what you bring is **"nutritionally equal"** to the item requested and as long as it has not been served within two weeks. This information can be found on the **Snacks Served** list. (Which is kept-up daily by the teachers in the case of a food allergy.)

Basically, just don't bring something that is already listed on the Snack List.

## What does nutritionally equal mean?

All substitutions must be replaced with a similar food group. (I.E. Fruits & Vegetables)

- Approved Fruits & Vegetables:

*Strawberries, Seedless Grapes, Watermelon, Honeydew Melon, Cantaloupe Melon, Raspberries, Blueberries, Blackberries, Cherries, Peaches, Plums, Apricots, Tangerines, Canned Pineapple, Grapefruit, Cauliflower, Cherry Tomatoes, Carrots, Green Peppers, Squash,*

- About Dairy Products:

*We ask that you do not substitute the dairy portion. The children love eating cheese and yogurt and it is also a great source of Vitamin D. Some children prefer Vanilla yogurt, some like the yogurt with fruit mixed in, but we've noticed most children tend to avoid the "PLAIN" yogurt.*

*Chocolate Milk is always welcome as a substitute for Milk.*

(\*Please bear in mind that according to Licensing: all food items must be store-bought and unprepared.)