

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



1 tub Fruit Yogurt
(Cereal)
3 Apples
(Cheese Crackers)

SNACK #2



1 can Refried Beans
(Ritz Crackers)
4 Tomatoes (Sliced)
(Pretzels)

SNACK #3



1 tub cream cheese
(Graham Crackers)
4 Peaches
(Nutrigrain Bars)

SNACK #4



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

SNACK #5



7 Cheese Sticks
(Saltines)
2 cans Mandarin Oranges
(Fig Newtons)

SNACK #6



1 tub Cottage Cheese
(Cereal)
4 Avocados or Kiwi Fruit
(Gold Fish)

SNACK #7



1 tub Hummus
(Ritz Crackers)
4 Pears
(Fig Newtons)

SNACK #8



1/2 gallon Milk
(Nutrigrain Bars)
2 Sweet Bell Peppers
(Wheat Crackers)

SNACK #9



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

SNACK #10



7 Cheese Sticks
(Pretzels)
2 cans Green Beans
(Cheese Crackers)