

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



14 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)

1 Bag of Carrots

(Wheat Crackers)

SNACK #9



1 package Deli Sliced Ham

(Saltines)

7 Bananas

(Graham Crackers)

SNACK #10



14 Cheese Sticks

(Pretzels)

2 cans Green Beans

(Cheese Crackers)