



# Zion Lutheran Preschool

## Approved Snack List

Below please find a list of the approved snacks for the upcoming school year. As a reminder we are a **NUT-FREE** environment. Please make sure your child's teacher is aware of any food allergies.

### Daily snacks provided by the Preschool:

#### Fruits:

Apples, bananas, cantaloupe, honeydew, clementines, grapes, oranges, watermelon, strawberries and blueberries.

#### Vegetables:

Carrots, cucumbers, string beans, bell peppers, broccoli and cauliflower.

#### Snacks

- American Cheese slices (all brands)
- String Cheese (all brands)
- Raisins (all brands)
- Cheerios, Lucky Charms, Fruit Loops, Kix, Alpha Bits and Stop and Shop Oats and O's cereals
- Pepperidge Farm Goldfish Crackers: Original, Cheddar, Pretzel or Color
- Ritz Crackers, Keebler Club Crackers, Nabisco Cheese Nips and Sunshine Cheese Its
- Nabisco Graham Crackers, Teddy Grahams and Nilla Wafers
- Kedem Tea Biscuits
- Mrs. Pure's Alphabet Cookies
- Shoprite Brand ABC Cookie Squares (contains wheat & soy)

### Birthday & Holiday snacks provided by parents:

As noted in the Preschool Handbook, goody bags may be brought in for holidays and birthday celebrations, however, **they CANNOT contain any food or candy items**, novelty items only. Any goody bags that contain any food or candy items will be returned to the parent.

**NO homemade items, munchkins or fast food items can be brought into the school.**

- Parents may send in a gallon or individual cups of Breyers or Turkey Hill vanilla or chocolate ice cream **ONLY**. Please provide bowls and/or spoons.
- Nabisco Oreos
- Potato Chips (Lays, Wise or Shop Rite)
- Pretzels (Rold Gold, Utz and Shop Rite)
- Doritos (any flavor)

**IF YOUR CHILD CAN NOT HAVE AN ITEM ON THIS LIST PLEASE MAKE A LINE THROUGH THE ITEM, PUT YOUR CHILD'S NAME ON TOP AND GIVE TO THE TEACHER.**