

Tuesday, February 14, 2017

Snack List

Please procure and deliver to the school Monday morning of the week you are responsible for providing snacks.

For Snacks -

- 2 Vegetables (pick 2 of the following or whatever else is in season - cucumbers 2, 1 bag of baby carrots, 1 bag of small peppers, zucchini 2-4, butter lettuce, romaine, celery)
- 2 Fruits (pick 2 of the following or whatever else is in season - melons, berries, grapes, grape tomatoes)
- Dried fruit
- 1 bag of whole grain bagels
- 1 small container of cream cheese or 1 container of hummus or 1 jar of peanut butter(no sugar added)
- 1 bag of tortilla chips
- 1 box of whole grain crackers
- Nuts or seeds – peanuts, pumpkin seeds, sunflower seeds, etc...

Food Prep:

- Bananas: 2 big bunches
- Apples – 1 bag of apples
- Oranges – 1 bag of oranges, tangerines or clementines
- String Cheese – 1 large bag
- 3 Dozen unpeeled hard-boiled eggs
- 1 loaf of whole wheat bread
- box of round rice crackers
- 1 1lb bag of carrots
- 2-3 cucumbers
- 1 medium sized bag of in-the-shell peanuts or sunflower seeds.

****Please email Liz Patel to see to check status of snack items. She will tell you if you can omit anything or if there is some other need. Thanks!***