



# Morning Snack in 1<sup>st</sup> Grade



Below are a few fast facts about snack at school:

- We will eat a morning snack EVERY DAY so please send something small for your child to eat.
- It would be helpful if your child knows their snack item each day. If possible, please keep your child's snack separate from their lunchbox so they are aware it is for morning snack.
- Students are allowed to bring water bottles each day to drink INSIDE the classroom. (Juice and milk will not be allowed in the classroom – they may bring that to lunch.)
- We do have some peanut allergies in our grade this year so please be conscious of that when sending food to school.

Here is a list of approved options for snack at school:

## **Acceptable Options:**

- vegetables
- fruit
- pretzels
- string cheese
- crackers
- rice cakes
- popcorn
- granola bars
- healthy cereals
- fruit snacks

## **NOT Acceptable Options:**

- sandwiches
- chips
- candy
- cookies
- lunchables
- cake
- donuts