

CHRISTIAN NURTURING CENTER

SAFE SNACK LIST 2019-20

ON YOUR CHILD'S DESIGNATED SNACK DAY

PLEASE SELECT ONE ITEM FROM COLUMN 1 **and ONE ITEM FROM COLUMN 2**

TO BRING IN FOR THE CLASS

ALONG WITH NAPKINS, CUPS, WATER AND SERVING UTENSILS (IF NEEDED)

SELECT FROM COLUMN 1	AND	SELECT FROM COLUMN 2
Fresh cut fruits or veggies in small bite-sized portions (please make sure utensils/surface areas clean when preparing to avoid contamination of other food allergies)		Pretzels: Herts, Rold Gold, Bachman, Utz or ShopRite Brand (extra thin, mini, pretzel rods or stix) or Pepperidge Farm Pretzel Goldfish
Apple Sauce or Fruit Squeezable Pouches or single-serve containers of fruit (with spoons) Raisins		Graham Snacks: ShopRite or Nabisco (original, honey or cinnamon) Teddy Grahams (honey, chocolate chip, cinnamon, chocolate)
Cheese cubes, slices, cheese sticks or string cheese		Crackers: Pepperidge Farm Goldfish, Annie's Brand Bunnies or Cheddar Squares, Nabisco Wheat Thins or Triscuits (original or reduced fat)
Squeezable Yogurt Pouches		Pirates Booty or Smart Puffs