

Dear Mimosa Families,

Here are some snack ideas for when your child brings snack for the class. Please see the class calendar for those scheduled days. Please be sure to include at least two major food groups, enough for 37 students. Amounts can be difficult to determine, but our experience has been that the following example would be a good guideline:

Snack Menu

Water
3 crackers
2 carrot sticks
½ string cheese stick

Bring

Water will be provided
Crackers- 12 oz. box
Veg/Fruit- one gallon size bag/bowl
String cheese sticks (9)

Fruits and Vegetables

Apple wedges or rings
Cucumber rings or sticks
Orange sections/wedges
Applesauce
Fruit kabobs
Peach pieces, fresh
Apricots, fresh
Fruit salad
Pear wedges, fresh

Avocado slices/dip
Frozen fruit Plums, fresh
Banana chunks
Grapefruit sections
Plumped raisins
Broccoli
Grapes (seedless)
Strawberries
Carrot curls
Green peas in pod

Tangerine segments
Cauliflower, raw
Green or red peppers
Tomatoes (cherry)
Celery Sticks
Kiwi
Zucchini strips
Cherries
Melons- Cantaloupe, honeydew, watermelon

Meat, Cheese, Protein

Cheese cubes
Ham cubes and other lean meats
Cottage cheese with fruit
Meat and cheese kabobs
Crackers with soft cheeses
String cheese

Miniature meatballs
Eggs, hard cooked: halves, wedges
Mini sandwiches
Pepperoni
Salami
Tortilla with bean dip

Breads, Crackers

Bagels
Breadsticks
Bread quarters (various kinds/shapes)
Cinnamon toast
Cornbread
Crackers, saltines, whole wheat
Muffins- corn, bran, English, blueberry,
Tortilla
Waffle

Our daily goal is to provide a simple, healthy snack. Please remember to keep all snacks nut-free.

Thank you, Mimosa teachers.