

**PRE-SCHOOL PM SNACK LIST
2015-2016**

Aug.	20 th - 25 th - 27 th -	Lydia Ellie Samuel	Jan.	5 th - 7 th - 12 th - 14 th -	Aaron 7-5-12 Samuel Cameron 1-11-12 Travis
Sept.	1 st - 3 rd - 8 th - 10 th - 15 th - 17 th - 22 nd -	Travis Chace Lydia 9-8-11 Aaron Michael Cameron Kayleigh	Feb.	2 nd - 4 th - 9 th - 11 th - 16 th - 18 th - 23 rd - 25 th -	Lydia Kayleigh Aaron Ellie Samuel Travis Chace Kayleigh
(Wed)	23 rd - 29 th -	Ellie Chace 9-30-11			
Oct.	1 st - 6 th - 8 th - 13 th - 15 th - 20 th - 22 nd - 27 th - 29 th -	Samuel Travis Aaron Michael 10-12-11 Cameron Lydia No School Kayleigh Michael	Mar.	1 st - 3 rd - 8 th - 10 th - 15 th - 17 th - 22 nd - 24 th - 29 th - 31 st -	Aaron Michael Cameron No School- Spring Break Lydia Kayleigh Ellie No School- Easter Break Samuel Travis
Nov.	3 rd - 5 th - 10 th - 12 th - 17 th - 19 th - 24 th - 26 th -	Chace Ellie Samuel Travis Aaron Michael Cameron No School- Thanksgiving	Apr.	5 th - 7 th - 12 th - 14 th - 19 th - 21 st - 26 th - 28 th -	Chace Aaron Michael Cameron Lydia Kayleigh Ellie Samuel
Dec.	1 st - 3 rd - 8 th - 10 th - 15 th - 17 th -	Lydia Kayleigh 12-3-11 Chace Travis 12-12-11 Ellie Preschool Christmas Party- PTL Provides Snacks	May	3 rd - 5 th - 10 th - 12 th - 17 th - 19 th -	Travis Chace Aaron Samuel 5-13-12 Michael Cameron

SUGGESTED SNACK LIST

These suggestions are made primarily for the benefit of the children so that we do not contribute to tooth decay and hyperactivity, which is being questioned among experts where food additives are concerned. Any suggestions or questions will be welcomed.

Please remember the children will drink milk with their snacks, so the portions of snacks do not need to be very big.

Please reserve sweet snacks, such as cookies, for birthdays. We have a refrigerator for anything that needs to be kept cold.

SUGGESTIONS: Crackers (all kinds), Carrots and celery sticks, Trail mix, Jello, Pretzels, Puddings, Raisins, Popcorn, Yogurt, Fruit Snacks, Go-Gurts, Cereal, String Cheese, Granola bars, Fruit Roll-ups, Fresh Fruits, Peanut butter & jelly sandwiches.

Please do not send cupcakes on a child's birthday. I would like to encourage cookies, Rice Krispie treats, donuts, or brownies for a birthday treat. The children seem to eat these types of treats better than they eat cupcakes.