

**PRE-KINDERGARTEN PM SNACK LIST  
2022-2023**

Aug.	12-	Jurgen	Dec.	2-	Emma	Apr.	3-	Emma
	15-	Elon		5-	Griffin		5-	Griffin
	17-	Ezra		7-	Banks		7-	<u>No School</u>
	19-	Harris		9-	Henry		10-	<u>No School</u>
	22-	Bennett		12-	Bennett		12-	Banks
	24-	Will		14-	Jurgen		14-	Henry
	26-	Emma		16-	Emma ½ B-Day 6/17		17-	Bennett
	29-	Griffin		19-	PTL Provides Snack		19-	Jurgen
	31-	Banks					21-	Elon
							24-	Ezra
Sept.	2-	Henry	Jan.	6-	Elon		26-	Harris
	7-	Bennett		9-	Ezra		28-	Will
	9-	Jurgen		11-	Banks ½ B-Day 7/11			
	12-	Elon		13-	Harris	May	1-	Emma
	14-	Ezra		16-	<u>No School</u>		3-	Griffin
	16-	Harris		18-	Will		5-	Banks
	19-	Will		20-	Emma		8-	Henry
	21-	Emma		23-	Griffin		10-	Bennett
	23-	<u>No School</u>		25-	Banks		12-	Jurgen
	26-	<u>No School</u>		27-	Henry		15-	Elon
	28-	Griffin		30-	Bennett		17-	Ezra
	30-	Banks						
			Feb.	1-	Ezra B-Day 2/2			
Oct.	3-	Henry		3-	Henry B-Day 2/6			
	5-	<u>No School</u>		6-	Emma			
	7-	<u>No School</u>		8-	Will			
	10-	Bennett		10-	Banks			
	12-	Jurgen		13-	Jurgen			
	14-	Elon		15-	Elon			
	17-	Ezra		17-	<u>No School</u>			
	19-	Jurgen B-Day 10/19		20-	<u>No School</u>			
	21-	Harris		22-	Ezra			
	24-	Emma		24-	Harris			
	26-	Will B-Day 10-27		27-	Will			
	28-	Griffin						
	31-	Banks	Mar.	1-	Emma			
				3-	Banks			
Nov.	2-	Henry		6-	Griffin B-Day 3/6			
	4-	<u>No School</u>		8-	Henry			
	7-	Elon B-Day 11/7		10-	Bennett			
	9-	Will		20-	Griffin			
	11-	Bennett		22-	Jurgen			
	14-	Harris B-Day 11/14		24-	Elon			
	16-	Jurgen		27-	Ezra			
	18-	Elon		29-	Harris			
	21-	Ezra		31-	Will			
	23-	<u>No School</u>						
	25-	<u>No School</u>						
	28-	Harris						
	30-	Will						

**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.