

**PRE-SCHOOL AM SNACK LIST
2022-2023**

Aug.	16-	Mrs. Aden	Jan.	5-	Oaklyn
	18-	B. Stohs		10-	Bennett
	23-	Hayes		12-	Rahelynn
	25-	Donovan		17-	B. Schmidt B-Day 1/17
	30-	Mitt		19-	Mitt B-Day 1/19
				24-	Claude
				26-	Kade
Sept.	1-	Ashley		31-	B.Schmidt
	6-	Oaklyn	Feb.	2-	B. Stohs
	8-	Bennett		7-	Hayes
	13-	B. Schmidt		9-	Donovan
	15-	Rahelynn		14-	Mitt
	20-	Donovan B-Day 9/19		16-	Ashley
	22-	Claude		21-	Oaklyn
	27-	Kade		23-	Bennett
	29 -	B. Stohs		28-	B. Schmidt
Oct.	4-	Hayes	Mar.	2-	Rahelynn
	11-	Mitt		7-	Claude
	13-	Ashley		9-	B. Stohs B-Day 3/10
	18-	Donovan		21-	Oaklyn B-Day 3/21
	20-	Oaklyn		23-	Kade
	25-	Bennett		28-	Ashley B-Day 3/29
	27-	B. Schmidt		30-	B. Stohs
Nov.	1-	Rahelynn	Apr.	4-	Hayes
	3-	Claude		11-	Donovan
	8-	Kade		13-	Mitt
	10-	B. Stohs		18-	Ashley
	15-	Hayes		20-	Oaklyn
	17-	Donovan		25-	Bennett
	22-	Rahelynn B-Day 11/23		27-	B. Schmidt
	29-	Mitt			
Dec.	1-	Ashley	May	2-	Rahelynn
	6-	Kade B-Day 12/6		4-	Claude
	8-	Hayes B-Day 12/28		9-	Bennett B-Day 5/10
	13-	Claude B-Day 12/30		11-	Kade
	15-	PTL Provides Snack		16-	Donovan
				18-	B. Stohs

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.