

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

Aug.	16-	Mrs. Aden	Jan.	5-	Gabriel
	18-	Everett		10-	Memphis
	23-	Memphis		12-	Hadley
	25-	Liz		17-	Everett
	30-	Hadley		19-	Liz B-Day 1/18
				24-	Gabriel
				26-	Liz
Sept.	1-	Gabriel		31-	Hadley B-Day 1/31
	6-	Memphis			
	8-	Liz	Feb.	2-	Memphis
	13-	Everett B-Day 9/12		7-	Everett
	15-	Hadley		9-	Gabriel
	20-	Gabriel		14-	Liz
	22-	Everett		16-	Hadley
	27-	Gabriel B-Day 9/26		21-	Memphis
	29-	Memphis		23-	Everett
				28-	Gabriel
Oct.	4-	Liz			
	11-	Hadley	Mar.	2-	Liz
	13-	Everett		7-	Hadley
	18-	Gabriel		9-	Memphis
	20-	Memphis		21-	Everett
	25-	Liz		23-	Gabriel
	27-	Hadley		28-	Liz
				30-	Hadley
Nov.	1-	Everett			
	3-	Gabriel	Apr.	4-	Memphis
	8-	Memphis		11-	Everett
	10-	Liz		13-	Gabriel
	15-	Hadley		18-	Liz
	17-	Everett		20-	Hadley
	22-	Gabriel		25-	Memphis
	29-	Memphis		27-	Everett
Dec.	1-	Liz	May	2-	Gabriel
	6-	Hadley		4-	Liz
	8-	Everett		9-	Hadley
	13-	Memphis B-Day 12/18		11-	Memphis
	15-	PTL Provides Snack		16-	Everett
				18-	Gabriel

**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.