

# Preschool Parent Tips

## SNACKS

Children will eat 1 snack in the morning and 1 in the afternoon. Snacks are supplied by the school. If your child has a **food allergy**, we ask that you provide a safe snack box.

## LUNCHES

Please pack items you know your children will eat and include filling items such as protein, fruit, veggies and a drink.

### Ideas

#### PROTEIN

Sandwiches: PBJ, lunch meat, cheese, cheese

Wraps: Lunch meat w/ condiments or veggies

Bagels: Lunch meat or cream cheese

Pita Pockets: Fill w/ favorite items

#### FRUIT/VEGGIES

Raisins, apples, fruit cups, bananas, sweet peppers, cucumbers, carrots, celery

#### DAIRY

Milk, yogurt, cottage cheese, cheese slices, pudding

#### LUNCHABLES—NO PIZZA LUNCHABLES

#### DRINKS

Juice Box, Milk, Thermos

#### SNACKS

Muffins, cookies, snack cakes, fruit snacks

#### THERMOS IDEAS

### Things to think about

- Can my child easily open most of their lunch?
- Am I teaching my child how to open zip-loc bags?
- Are there any choking hazards in my child's lunch box?
- Is my child's name on the lunchbox and storage items?
- Would my child enjoy having a love note from Mom or Dad in their lunch?

If you send a THERMOS of hot foods, please leave these on top of your child's cubby. The lunch boxes are considered a "cold" lunch and stored in the refrigerator until lunch time.

NO PIZZA LUNCHABLES

NO SOFT DRINKS

LABEL EVERYTHING

WE DO NOT HAVE THE ABILITY TO MICROWAVE, so please send hot foods in a thermos.

## BIRTHDAYS

Often, children want to bring in a special snack. These must be **STORE BOUGHT** snacks and **NOT** **HOMEMADE**. We suggest a cookie cake for these occasions, as they are the least messy for little hands.