Dear First Grade Parents,

Room 101 and 102 has a mid-morning snack. ***This snack is* *intended to* *give the students energy, not to fill them up.***

Snacks should be healthy! Since the children will be working while they eat, snacks should be small (one item) and be contained/low-maintenance. Please pack your child’s snack in his or her lunch bag.

Please pack a snack every day for your child beginning Friday August 28th.

Examples of ***appropriate*** snacks are listed below.

Apple slices Banana

Grapes Raisins

Craisins Carrot sticks

Celery sticks Snap peas

Bell Pepper strips 100% fruit chews

Cherry or Grape Tomatoes Pretzels

Dried fruit Goldfish Crackers Popcorn

Graham Crackers

Granola Bars (Peanut and Tree Nut Free!)

String cheese or other individually wrapped cheese

Food labels/ingredients change over time. PLEASE BE SURE THAT YOU READ LABELS BEFORE PURCHASING ITEMS. Products need to be nut-free. Be sure to avoid labels that read, “May contain traces of peanuts or tree nuts.” as these are NOT permitted.

\* Please detach and return. Thank you, Mrs. Spencer and Mrs. Berry \*

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I have received and read the information regarding First Grade Mid-Morning Snack and understand this new policy.

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Parent Signature Date