



WHAT IS THE DIFFERENCE BETWEEN A SNACK AND A TREAT?

A Treat is something yummy for special occasions. For example: Cupcakes at birthday celebrations or cookies at holiday parties.

A Snack is something that is nutritious. A nutritious snack will include a maximum of 2 healthy items. Your child's snack will be inspected daily, if found to be "unhealthy," a healthy snack will be substituted, and you will be assessed a \$2.00 fine.

Nutritional Snack Suggestions and Ideas:

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| 1. Fresh Fruit | 12. Peanut Butter on crackers | 23. Yogurt cups |
| 2. Fruit Cup | 13. Hard-cooked Eggs | 24. Cereal |
| 3. Half a sandwich | 14. Whole Wheat Bread | 25. Nuts |
| 4. Applesauce | 15. Whole Wheat Crackers | 26. Raisin Bread |
| 5. Raisins | 16. Muffins | 27. Bread Sticks |
| 6. Vegetable Sticks | 17. Granola | 28. Pizza slice |
| 7. Pudding | 18. Granola Bars | |
| 8. Cheese | 19. Saltines | |
| 9. Pretzels | 20. Graham Crackers | |
| 10. Cottage Cheese | 21. Banana Bread | |
| 11. 100% Fruit snacks | 22. Corn Bread | |

~~NO YOGURT OR YOGURT TYPE SNACKS IN A TUBE.~~

