

Community School of Davidson

Suggested Snacks

All of our classes will be having a morning snack. Each family is asked to send a snack for their child(ren) each day. Since we do not want snack to interfere with a nutritious lunch, we ask that you adhere to the requests of this letter. This is an incomplete list intended to give you an idea of the types of snacks that are appropriate. Our main concern is that the children are having a nutritious snack while at school. ***Please avoid sugary snacks such as cakes, cookies, chips or lots of processed/artificially preserved foods.***

Each day we would like the students to have a dry snack such as crackers or pretzels and some sort of wet snack such as fruit (washed and prepared at home), cheese or yogurt. We have included a list of favorites:

Fruit Favorites

Banana Halves	Fruit Salads
Apple, Pear and Orange Slices	Raisins / Craisins
Cantaloupe	Dried Fruit
Watermelon	Raw Veggies & Dip
Grapes, Plums, Berries, etc.	Yogurt / Gogurt

Dry Snacks Favorites

Cheese / Crackers	Mini Bagels/Cream cheese
Nutrigrain Bars (halves)	Dry Cereal
Mini Muffins	Graham Crackers
Pretzels	Animal Crackers
Peanut Butter Crackers	Goldfish Crackers
Salsa / Chips	Pickles
Popcorn	Banana Bread