![C:\Users\Toni Watkins\AppData\Local\Microsoft\Windows\INetCache\IE\5R1QKTC5\healthy_eating[1].JPG]()

Learning to eat healthy food and make choices to live a healthy lifestyle starts now. Our classes will have food preparation and tasting experiences in addition to their regular lunches. We encourage the children to try new and interesting foods, flavors and textures throughout the year. Some great snack donation ideas each month are as follows.

100% juice or milk

Fresh fruits – apples, grapes, bananas, kiwi, strawberries, peaches, oranges, etc.

Fresh Vegetables- cherry tomatoes, broccoli, cauliflower, celery, carrots, cucumbers, etc.

Cheese- cheese sticks, cheese blocks, cheese slices and cubes, cottage cheese, cream cheese

Ham and Turkey slices

Yogurt

Applesauce

Cheerios, Rice Krispies, Mini Shredded Wheat, Kix, Raisin Bran

Cereal bars

Crackers – any kind

Pretzels

Goldfish

Fig Newton’s

Bagels, bread

***Please remember that we are a peanut and tree nut free school.***