

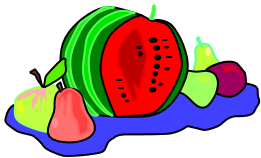
# SNACK LIST

The Schaumburg Park District Preschool is being proactive to the latest national survey regarding both the increase in childhood obesity and the increase in severe allergic reactions to peanuts and tree nuts. We need your support to provide a safe and healthy environment for every child.

Remember a snack is a small portion of food. When your child brings snack, please choose from the list below. We will provide water to drink. **Peanuts and tree nuts of any kind cannot be accepted. Please read labels. Some foods may be produced in a facility that also produces products containing tree nuts and peanuts and will not be accepted.**

**Please ask your child's teachers before bringing items not listed below.**

Choose a snack from the list below.



## Fruit

Watermelon  
Cantaloupe  
Pears  
Oranges  
Strawberries  
Apple  
Pineapple  
Bananas  
Clementine oranges  
Fruit cups  
Applesauce  
Plums, peaches

## Vegetables

Broccoli  
Cauliflower  
Cucumbers  
Peppers  
Snap peas  
Yellow Squash  
Zucchini



## Grains (no hard pretzels or popcorn)

Nutrigrain/Special K breakfast bars  
Rice cakes  
Bagels  
Hawaiian bread rolls  
Dry cereal (oat squares, life, Multigrain cheerios)  
Goldfish, Plain Ritz, Graham Crackers  
Wheat Thins, Triscuits, Cheez-It

## Dairy Products

Yogurt  
Milk  
String cheese  
Cottage cheese  
Cheese (any kind)  
Cream Cheese



All snacks must be store bought. Items do not need to be individually wrapped but must come in an unopened package or plastic container, with your child's name.

If there is child with a severe allergy to milk, wheat or other products, your child's teacher will notify you and the snack list will be modified to reflect those allergies.

**The following will not be accepted as snacks:** Cupcakes, cookies, fruit snacks, fruit rollups, brownies, and doughnuts.

Thank you in advance for your cooperation! Let's all have a safe and healthy Preschool year!

