



Middle Smithfield Presbyterian Church Preschool

SNACK SUGGESTIONS

MSPC Preschoolers are regularly scheduled to bring in snack on a rotating basis. We thought you might like some suggestions as to what the children like to eat! Please bring in enough for each child in the class and the teachers. Consider choosing healthy treats, low sugar treats and pure fruit juice, or fruit. If you notice that your child is scheduled to bring in snack the next class time following a birthday snack, please be especially mindful of choosing something healthy.

Some suggestions:

- Kix, Cheerios, Chex
- mini muffins
- crackers
(animal, graham, Ritz, etc.)
- pretzels
- popcorn
- vanilla wafers
- small yogurts
- jello
- pudding

Children enjoy adding:

- jam
- cream cheese
- peanut butter
- sliced cheese

Drink suggestions:

- milk
- pure fruit juice
- (Juicy Juice)
- lemonade

Consider a special family or ethnic

treat:

- mini-bagels and cream cheese
- pita bread
- nachos and cheese

Fruit suggestions:

(staff will slice so fruit does not brown)

- banana (1/2 for each child)
- apples, apple sauce
- oranges
- pineapples
- grapes

Dear Folks,

Just a reminder that healthy snacks are much better for small people than cookies and cakes every day

Thanks!