

Lycoming Nursery School

Suggested Snacks

Each morning we have a snacktime for the children at about 10:30 AM to replenish energy. Since it is early in the day, we ask you to take this into account when planning your snack day. The following is a list of suggestions to get your imagination rolling.

We always welcome snacks we can prepare with the children using the church kitchen or even the toaster-oven or hot plate we have right in the classroom. Just let us know the day before so we can plan it in—then send the ingredients, utensils and the recipe. You are also welcome to come in to help out! Here are some ideas you might consider.

FRUIT Fresh, frozen, canned. We can spread peanut butter on fruit, or serve fruit with a dip.

VEGETABLES Carrots, celery, cauliflower, etc. This is also great with dip. The children enjoy “Ants on a Log”, which is celery spread with peanut butter and raisins.

CEREAL Please avoid sugary brands.

CHEESE Cut in pieces or spread on crackers, bread. Serve with fruit or vegetables.

PIZZA or PASTA A favorite classroom snack is English muffin pizzas. (The children love to assemble them) Frozen or fresh pizza is also a hit!

SOUP We can heat it right here.

POPCORN How about cheesy popcorn? Just sprinkle with grated cheese. We have access to a microwave in the kitchen, so popcorn is a fast, healthy snack.

PANCAKES or WAFFLES Frozen waffles can be prepared in the classroom.

HOME-MADE POPSICLES or JUICE POPSICLES

SANDWICHES Cut in quarters or shaped with cookie cutters. Try tuna, cheese, peanut butter, egg salad.

BREAD Banana, cheese, applesauce, or Bagels.

Please send cupcakes or large muffins (little bite-size muffins are great though) **only on special occasions**. They are extremely crumbly and messy! The children usually only eat the frosting.

PLEASE DO NOT SEND: Peanuts, hot dogs, or any very small pieces of food. They are very easy to choke on.