

## ROYAL CITY COOPERATIVE PRESCHOOL SNACK MENU

### Toddler

Please be aware that all snacks must come in the **original packaging** and be **peanut/nut free products**. No bulk foods are allowed.

Children will have a placemat and a cup. Refrigeration is available at the preschool.

When buying grain products please advise to these guidelines

First ingredient – WHOLE WHEAT

240 mg or less of salt for 30 mg serving

8g or less of sugar for 30g serving

\*PLEASE CHECK INGREDIENT LISTS FOR PEANUTS, PEANUT OIL, OR “MAY CONTAIN TRACES OF NUTS” (INCLUDING TREE NUTS) UNTIL FURTHER NOTICE.

Snack	Menu	Amount for Class
1	Whole Grain Crackers Ex: Wheat Thins MULTIGRAIN Whole Grain Triscuit Crackers or Breton MULTIGRAIN  Cheese  Apples or Oranges  Water	1 boxes (120 Crackers)    250g of cheese  3 apples or 3 oranges (uncut)  School provides
2	Whole-Grain pita with hummus  Baby Cut Carrots  2% Milk	1 bag of large whole grain pita or 1 bags of mini and 1 tub hummus  1 bag ( 1 lb - 454g) of baby cut carrots  1L carton of 2% milk or 1 bag
3	Unsweetened applesauce  Rice crackers (plain) or Whole wheat Melba toast or Whole wheat Pepperidge Farm Fish crackers  Water	Small containers of applesauce (enough for class size) 10  1 bags of large plain rice crackers or 1 box of whole wheat Melba toast or 1 bag of fish crackers  School provides

4	<p>Whole Grain Crackers Ex: Wheat Thins MULTIGRAIN Whole Grain Triscuit Crackers or Breton MULTIGRAIN</p> <p>Cheese</p> <p>English cucumbers</p> <p>2% Milk</p>	<p>1 box (120 crackers)</p> <p>250g of cheese</p> <p>1 (uncut)</p> <p>1L carton of 2% milk or 1 bag</p>
5	<p>Mixed whole grain Multi grain and/or plain cheerios</p> <p>Bananas or Grapes</p> <p>Water</p>	<p>5 cups of dry cereal (Plain or Multigrain cheerios)</p> <p>5 Bananas or 5 cups of grapes (uncut)</p> <p>School provides</p>
6	<p>Whole-Grain Bagels/buns with hummus or butter</p> <p>Baby Cut Carrots</p> <p>2% Milk</p>	<p>5 bagels OR 10 buns (whole grain)</p> <p>1 container of hummus OR 1 stick of butter</p> <p>1 bag (1 lb - 454g) baby carrots</p> <p>1L carton of 2% milk or 1 bag</p>