



Early Childhood Snack List

Morning snacks are provided by the Schechter Early Childhood Program. The children are offered two food groups daily from the list below. Snack is generally served in the classrooms between 9:45 am and 10:30 am.

Please send a labeled reusable water bottle for your child everyday.

Review the list, and let your child's teaching team and school nurse know if your child has any allergies.

- Ritz crackers
- saltines
- bagels
- cheese slices
- cream cheese
- variety of fresh fruit
- jelly
- Sunbutter
- Pirate Booty
- Cheerios cereal
- Cheese Nips
- salsa
- pita
- hummus
- guacamole
- yogurt
- milk
- pudding
- graham crackers
- cheddar whale crackers
- animal crackers
- rice cakes
- Veggie Sticks (chips, not raw veggies)