


Dear Parents,

Several times during the year you will be asked to contribute to our snack cupboard. Please refer to your monthly newsletters or snack schedule below.

Depending on the needs, one or two classes will be asked to contribute for the month. When it is your turn you will be asked to contribute two (2) items from the attached list. The notice will go out with your newsletter.

Please only provide food items from the attached list. The reason for asking for specific brands is to meet the needs of our children with allergies. We eat no items with peanut or tree nut ingredients. Also, we cannot use items that say "made in a factory that processes any type of nut product". We appreciate your help in reading labels carefully. Sometimes a product that has been safe is changed to "made in a factory that processes nuts". For additional precaution, parents may provide a daily snack for their child if the child has a food allergy.

All items must be store purchased with labels.

	Messiah Lutheran Preschool will provide popsicles for a special birthday treat at snack time.
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Thank you so much for your help!

Snack Schedule

- September – afternoon classes
- October – MWF morning classes
- November – afternoon classes
- December – TT morning classes
- January – afternoon classes
- February – MWF morning classes
- March – afternoon classes
- April – TT morning classes
- May – to be determined

SNACK LIST FOR MESSIAH LUTHERAN PRESCHOOL

2018 -2019

Pretzels

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These items will be provided by the preschool:

1% milk

Orange Cherry Grape Popsicle frozen treats

Oreo cookies

Cereal

General Mills Cheerios
General Mills Rice Chex
General Mills Golden Grahams
General Mills Cinnamon Toast Crunch

Crackers

Graham (most brands, please check label)
Nabisco Ritz (whole grain)
Sunshine Cheez-it (whole grain)
Keebler Club Crackers
Pepperidge Farm Cheddar Goldfish (whole grain)

Fruit/Vegetables

Bag of delicious apples
Bag of pears
Large bunch of bananas (~8 bananas)
Peeled and sectioned seedless oranges (60 – 100 sections)
Box or canister of raisins
Bag of craisins (dried cranberries)
Bag of baby carrot sticks

Large Bottle of Juice (*not* juice boxes)

100% juice -- apple, grape, white grape, berry, orange

Other

Sliced cheddar or colby jack or mozzarella cheese
Orville Redenbacher Naturals Popcorn

- When it is your turn to bring something for our snack cupboard, please choose two (2) items from the above list.
- No items with peanuts, tree nuts or processed in a factory with these items.
- If brands above change, this list will be updated.