

Hi Folks!

Here is what you need to know about snacks and lunches. Your child's special day is also their day to bring snack for the group.

Snacks: Your child will have at least 1 snack day per month, the next month's snack calendar is posted on our website on the parent page. Here is a direct link: [Snack / Special Days](#). Children who come 4 - 5 days may have more than one snack day, so check carefully.

You will be sent an e mail notice once a new month's snack schedule is published on the website. One is also printed out at the sign in counter. You will receive a weekly plan with the snack/special days for the week. A snack suggestions handout can be found on the sign in counter

Send in at least 20 portions. Make it simple and wholesome.

Include your child in choosing and preparing the snack.

Include 3 food groups, a protein, fruit or veggie and a grain, plus 1 frozen 100% fruit juice, which we use to make popsicles. Once swim season is over there is no need to include juice.

Prepare everything so we can simply put it out. We can slice apples here.

Unwrap and slice any cheese. Cut cheese sticks into at least 2 - 3 pieces.

Baked items must be accompanied by an ingredients list-hard copy or emailed.

Your child's snack day is also their special day to be the decider, helper, server, etc.

Your child may share a book, something from nature, a homemade item, a photo, a family story, a science experiment, a cultural food or activity. Let your child decide what, if anything, to bring.

If you will not be at school on your snack day please trade with someone. We can help.

If your child has a special diet or food allergies notify us and send in labeled morning and afternoon snacks in their lunch bag. Your child will eat only the food you send.

Daily group notes include our snacks for the day.

We have a small treat on birthdays which are also listed on the snack calendar and the item with the group notes.

Lunches: Send in enough for lunch and an afternoon snack.

In summer we eat either outside picnic style on the climbing structure or in the classroom.

Help your child prepare simple finger foods. Include 3 food groups, one a protein.

Avoid desserts, chips, messy foods (yogurt or anything to be eaten with a spoon or fork) juice or milk.

Lunches are taken out to the poolside for afternoon snack or eaten inside during cooler weather.

We enjoy popsicles every afternoon during the summer and usually have tea parties during winter.

You will receive a notice if your child needs more food.

Thank You!!!!

Here's to a great school year!

Tulum