

## Healthy and "Nut Free" Snack Options:

Here are some "healthy" and "nut free" suggestions for snacks that I have seen my past students bring to school (and enjoy!). Please note, that these snacks may contain nuts and if so are not allowed in the classroom due to our nut allergy.

### Snack Ideas:

- Raw vegetables (i.e. dip such as hummus, guacamole, bean dip, tomato salsa, or almost any commercial salad dressing)
- Raisins (not chocolate covered)
- Fresh Fruit with yogurt dip or just fruit by itself
- Rice cakes
- Fruit cups
- Nutrigrain bars (please check label to make sure there are no traces of nuts)
- Crackers
- Cheese snacks
- Bear Paws
- Yogurt tubes, cups or drinkables
- Plain Popcorn
- Applesauce cups
- Gold Fish crackers
- Homemade (low sugar content and nut free) cupcakes or cookies
- Tuna snack packs

### Lunch Ideas:

- Sandwiches: ham and cheese, grilled cheese, cucumber and cream cheese
- Wraps
- Pizza
- Bento style lunches with an assortment of fruits, vegetables, protein and grains
- Thermos with leftovers (please note, we do not re-heat food)
- Any other foods your child typically eats

Thanks so much for your help in making our classroom an inclusive and healthy place to learn and grow!

Merci, Mme. Marando and Mme. Mauro ☺