



Snack Time in Room 9



Dear Parents,

We have a late lunch this year (12:20) so we will have a short 10-minute snack time in the middle of the morning while listening to a chapter book.

Please send your child with ONE SMALL and HEALTHY snack in addition to his/her lunch. I will not always have snacks available for children who forget. I do not allow the children to share snacks because of all the food allergies that seem more common these days.

You may send WATER to drink as well. NO JUICE PLEASE! Juice is very messy and sticky to clean up when it spills (and attracts the little bugs!).

You may send a water bottle with your child to keep on his/her desk throughout the day if you'd like.

Healthy snacks may include:

applesauce

crackers (with cheese)

raisins

dry cereal

granola bars

yogurt

muffins

fruit snacks

fresh fruit and vegetables* (celery sticks, carrots, apples, pears, oranges, plums, bananas, peppers, grapes, etc.)

*If your child likes these things peeled or cut up, please do it at home. Snack is during a work time so I will not be available to cut/peel/etc. ☺

PLEASE NO CANDY!

Thank you,

Mrs. Sanchez ☺