

VISTA KIDS PRESCHOOL

Healthy Snack Ideas

If you bring the ingredients our staff can put the items together in the classrooms! We would like to decrease the sugar intake and increase protein intake for a better learning environment! If you bring a sweet snack please bring milk or have water to drink. There are usually 12 pre-k and 10 3 year old students and of course a hungry teacher! Thank you for bringing snacks for our classes!

Mozerella sticks or Mini belle cheeses

Yogurt/Gogurt

Nut free Granola and Yogurt for parfaits

Cheese Cubes/Meat Cubes with Whole Wheat Crackers

Meat and Cheese roll ups

Pepperoni Stix

Bagel Bites

Bagels and Cream Cheese

Mild salsa, Cheese or Bean Dip with Tortilla Chips or Pita Chips

Celery with Sun Butter or Cream Cheese and Raisins

Gorp made with Seeds, Dried Fruit, and non-sugared Cereal (Crispix or Cheerios) Popcorn and Pretzels

Dried Apples/Fruit or Veggie Chips

Fruit and Cheese sticks

Apples with Sun Butter to dip

Veggies with Ranch to dip

Oatmeal/Granola Bars or Cookies with no nuts

Nutrigrain Bars

Prepackaged, low sugar Muffins or Cookies

Pudding cups

******BIRTHDAYS: PLEASE AVOID BRINGING CUPCAKES AND CAKES!!!** The icing is full of sugar and dyes.

A special sweet treat is OK for birthdays, and they can be home made. Less sugary and messy alternatives: Homemade cookies/bars, ice cream cups, pizza, muffins, pudding/dirt cups, or donuts.