

Snack Suggestions

for Trinity Episcopal Preschool

We appreciate your willingness to assist us in providing our preschoolers with a healthy snack that will keep them focused and energized throughout their time at the school. To sign up for a specific day, please ask Mrs. Gaston for the Snack Calendar.

We strive to include 1 item from 2 of the following food groups:

Protein

- Turkey Pepperoni
- Tuna
- Mini Hot Dogs
- Hard Boiled Eggs

Dairy

- Milk
- Cheese: String Cheese, Cubed or Slices Cheddar or Jack
- Yogurt
- Cream Cheese

Fruits/Veggies

- Apple Slices
- Applesauce
- Orange slices
- Zucchini, Carrot, or Celery Sticks

Breads/Cereals

- Muffins or Pumpkin/Banana Bread
- Granola Mixes (without nuts)
- Crackers: Wheat Thins, Cheeze-Its, etc
- Cereals

Combined List

- Cheese Quesadillas
- Cheese and Crackers
- Cream Cheese and Celery Sticks
- Turkey Pepperoni and cheese slice
- Veggie Sticks with dip
- Trail Mix with Dried Fruits

We ask that snacks containing nuts NOT be brought to school.

Please limit sugary snacks. Exceptions can be made on birthdays and holidays but please speak with Bev Gaston first.