

POINTER PUP PRESCHOOL



CENTER POINT-URBANA CSD
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URBANA PRESCHOOL
108 E. JEFFERSON AVE S, URBANA, IA 52345



Pointer Pup Preschool Snack Policy

All children need healthy snacks to keep their energy level high and their brains alert. We need to begin teaching this early so our children make good food decisions. Therefore our new snack policy is:

No homemade food of any kind is allowed due to the increasing percentage of kids with severe or life-threatening food allergies. This policy is for all snack times and school party times.

Birthday treats may be brought on your child's assigned snack day. All birthday treats must be store-bought. Birthdays are the only time an exception will be made to the snack policy.

A list of healthy snack foods are listed below that complies with the Statewide Voluntary Preschool Grant. Each week our snack calendar will have one of these food categories listed. If it is your turn to bring snack, you must bring items that fall under the specific category. Individually packaged or unopened containers of food must be brought. If your snack requires silverware please provide it as well. Thank you for your attention to the health and wellness of our students.

Week One: Cereals/Grains

Bagels	Muffins
Breadsticks	Cereal
Pita Bread	Granola Bars
Cereal Bars	Popcorn
English Muffins	Rice Cakes
Breads	Tortillas

Week Two: Crackers/Pretzels

Animal crackers	Ritz Bits
Oyster/soda crackers	Goldfish
Wheat Thins	Ritz Crackers
Cheese crackers	Pretzels

Week Three: Dairy/Protein

Cheese cubes/slices	Hard-boiled eggs
Cottage cheese	Ice cream
Yogurt (frozen or regular)	Pudding cups
Ham, Turkey, or Beef deli meat	String cheese

Week Four: Fruits/Vegetables

Apples/applesauce	Orange, peach, or pineapple slices
Bananas	Raisins
Canned fruit cups	Cucumber slices
Dried fruit	Seedless grapes
Strawberries	Carrots or celery sticks
Broccoli or cauliflower	Pickles

