



ADK Kindergarten SNACK Recipe

Put in BIG pocket of BACKPACK (NOT in lunchbox):

- 1 zip-lock sandwich size baggie (NAME on it)
- Fill half-way with snack OR open individual portion (snip end with scissors)
- Choose from this SNACK MENU
 - 1.) Crackers
 - 2.) Pretzels
 - 3.) Cereal or granola bars
 - 4.) Fun fruit snacks or fruit leather
 - 5.) Fruit crisps or fruit chips
- Snacks should be healthy and non-messy
 - 1.) NO PEANUTS or NUT products
 - 2.) NO cookies, candy, or drinks needed
 - 3.) NO items requiring a spoon, spreader, or refrigeration

We will ask the "APPLE of the DAY" to bring napkins for snack that day, along with a Show and Tell item.

SPARE SNACKS - PRETZELS will be available for students who forget their snacks or become hungry at other times of the day. Please see me if you do NOT want your child to have this option.