

Centerville Baptist PreSchool, Kindergarten and Parents' Morning Out programs have adopted the USDA recommendations for mid-morning snacks for our students.

Students should have snacks from at least 2 different categories as recommended by the USDA.

#### Grains

- Cereal bars
- Crackers
- Trail mix (Whole grain cereals, "Goldfish." pretzels)
- Whole grain muffins
- Rice cakes

#### Vegetables

- Carrot sticks
- Cucumber slices
- Edamame, Chickpeas, etc.
- Grape tomatoes

#### Fruits

- fruit cup
- applesauce
- Melon balls
- Apple slices, strawberries, grapes, etc,
- 100% fruit juice

#### Protein Foods

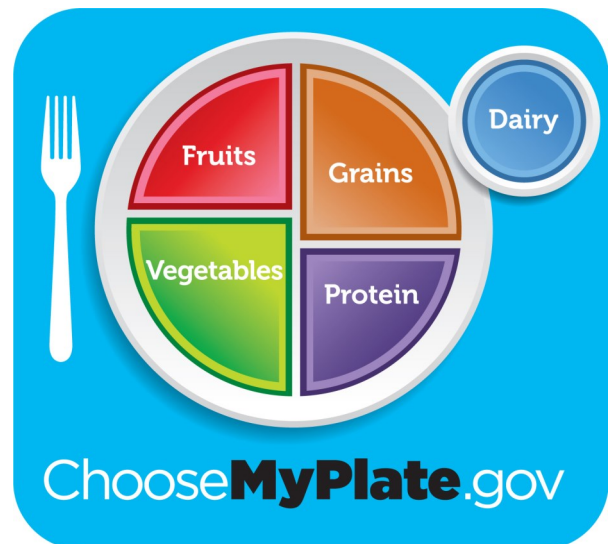
- Hard boiled eggs
- Meat
- Fish

#### Dairy

- String cheese
- Yogurt/yogurt shakes
- Cheese cubes
- Cream cheese
- Milk (unflavored)

- Juices must be 100% fruit juice
- Dairy milk must be unflavored
- Snacks containing refined sugar should not be included in daily snack menus.

\*Flavored drinks will be returned home unopened— children will be given a cup of water as a replacement.



Remember that Centerville Baptist PreSchool, et al, has a PEANUT PRODUCT/ Tree Nut FREE ENVIRONMENT.