

Snacks For Pleasant Hill Preschool

This school year we will have more than one child with allergies to nuts. In order to assist all the Preschool parents in choosing/purchasing safe snacks (includes food for birthdays and other parties or special occasions) for the classrooms, we have created the attached list for you to use.

Please take into account what is “age appropriate” for your child’s classroom. Fresh veggies and fruits should be washed and pre-cut.

The parents of the children with nut allergies will continue to review the ingredients of the food brought into the classrooms. They as well as the Preschool staff are very appreciative of your willingness to purchase and provide food items which are safe.

If you have any questions or suggestions please discuss them with your child’s teachers and Director.

Safe Snacks

Ritz Crackers (plain)	Goldfish (any flavor)
Animal Crackers (Barnum Brand)	Teddy Grahams
Dried Fruit-Raisins, Cranberries (Ocean Spray Brand)	Pretzels-(Rold Gold Brand)
Wheat Thins	Nilla Wafers
Graham Crackers-(Nabisco or Keebler Brands)	Fresh Fruit (Bananas, Oranges, Apples, Grapes)
Carrots with Ranch Dressing	Sunchips (Original or Cheddar)
Cheez-its	Nabisco Triscuits
Stacy’s Bagel Chips	Cheese Cubes or Sticks
Club Crackers	Nutrigrain Bars
Chex Cereal	Dried Fruit-(Mariani Brand)
Keebler Graham Snacks (Bees or Bug Bites)	

Treats, Party Items

Pringles	Keebler Fudge Stripe Cookies
Fruit Snacks & Roll Ups	Oreos-Regular or Vanilla
Cameo Cookies	Regular Chips Ahoy
Marshmallows	Hershey’s Regular or Dark Kisses
Hershey’s Kissables, Mini Candy Coated Kisses	

Lunch Ideas For Pleasant Hill Preschool

Ham & Cheese Rolled up
Granola & Fruit bars
Yogurt, regular or squeezable
Bananas, Apples, Melon, Berries
Raisins, Dried Cranberries
Cold Chicken, ham, Pizza
Cheese & Crackers
Applesauce, Fruit Cups
Carrots & Ranch Dressing
Goldfish Crackers, Pretzels
Dry Cereal, Breakfast bars
Juice box- (we can provide water after this is gone)
Lunchables-(Many varieties please check treat items for peanuts)
Sandwiches-(Cheese, Meat, Cream Cheese & Jelly, Butter & Jelly)

We try to encourage children to eat their treats/snacks after the rest of their lunch. So we recommend including one treat/snack. Anything that is not eaten and can be resealed will usually be sent home so that you can monitor what your child is eating. Please send things that do not need to be heated. Occasionally parents will find that what works best is sending a healthy snack to eat at school during our lunchtime, and then eating a regular lunch at home. While encouraging independence, teachers assist students in opening packages, containers and drinks.