

MZCPS SNACK INFORMATION

When providing a snack, you must provide one item from Column A and one item from Column B:

Column A

Cheese and crackers
Graham crackers
Nutri Grain bars
Pretzels (no Snyder products)
Popcorn (no microwaved popcorn)
Mini bagels (cream cheese/butter/jam)
Yogurt cups or Jell-O cups (store bought)
Goldfish or Cheese-its
Pirates Booty
Vegetable sticks
Muffins (blueberry, apple, etc.)
String Cheese
Celery, carrots (with dip, optional)
Cucumbers and/or cherry tomatoes
Pudding cups

Column B

Apples
Bananas
Strawberries
Oranges
Melons (store cut and packaged)
Grapes
Applesauce cups
Fruit cups
Pineapple (fresh store cut/canned)
Blueberries (fresh, not frozen)
Raisins
Clementines

Mt. Zion Christian Preschool will provide the drinks for snack and/or lunch at preschool. Parents will not provide drinks for the snack and/or lunch.

FOODS NOT TO SEND IN:

DUE TO SEVERE ALLERGIES TO NUTS AND PEANUTS – NO NUTS, PEANUT BUTTER, OR PEANUT PRODUCT SNACKS. (Any food that contains peanuts/nuts may be processed in a facility that uses peanuts/nuts)

When picking out your snack, please read the ingredients if you are not sure of the possible nut or nut products. Most labels will state if the product may contain nuts or nut products. The label may also state that the product was manufactured in a facility that uses nuts or nut products. **These items should not be sent in.** Thank you for your attention to this very serious matter. If you have any questions, please contact the Preschool Office, (301) 854-2387.

Please share any healthy snack ideas you may have with the preschool.