



# Snack Time

Snack time is a fantastic time for our children to explore new foods here at SCCP. It's time for them to take a break to refuel while working on their table manners. We want all of our children to give everything a try, and enjoy snack time. Because our classes are a little longer, we would like to aim towards healthier, nutritious snacks to keep them fuller longer. Whole grains, proteins and whole fruit/veggies are ideal for snack time. That being said, we are all parents and know that we can't always make that happen! Here are just a few suggestions for snacks to bring to class:

Cheese stick, pretzels and blackberries or blueberries

Pancake, sausage puffs and apple slices

Crackers, cheese and orange smiles (aka) orange slices

Raisins, strawberries and pigs in a blanket

Cucumber & cream cheese sandwiches and fruit

Muffins store bought or (tons of ideas on Pinterest to include veggies, or proteins in muffins) and fruit

Veggies with ranch, cubed cheese and crackers

Yogurt, banana and granola bar

Cheese, popcorn and fruit

Fruit salad or fruit Jell-O, yogurt and crackers

Mini corn dogs and watermelon

Homemade English muffin pizzas and fruit

Cheese quesadillas, grapes

Olives, string cheese, croissants

Fruit pizzas crackers (Pinterest recipe)

Mini macaroni cheese bites and watermelon

Mandarin oranges, graham crackers and mini sandwiches

Mini bagels with cream cheese, bananas and pita chips

Salami, cheese & Ritz crackers

For more tips on healthy snacks, Pinterest has some amazing recipes and ideas! Please feel free to make your own treats/snacks if you feel inspired. We also have access to the church oven to preheat food if needed (be sure to speak with your teacher beforehand). 😊

\*If your child has a birthday and you would like to bring a treat to share, please feel free to do so!