BMLA SNACK LIST

**Family This Week\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Thank you so much for your contribution for this Snack week. Each family will have a turn to provide snack for the school for a whole week. We rotate snack in alphabetical order. Our Snack will be available for all the children all morning****. MOST*** *Snack options need to be individually packaged to offer them as an option for the children during this time of COVID, yet we will have a slight change. Individually packed snacks give us one more layer of protection, but we will start food prep.* ***We will need Fruit and vegetables Again!*** Children will chop carrots, celery, apples and prepare fresh orange juice any and all fruit or vegetable you choose to bring! *Sugary snacks are not encouraged, please avoid them. Popsicles are encouraged for hot days; children love them in the afternoons.*

*Snack is offered in the morning and in the afternoon, children eat two options each snack and should be provided for approximately 20 children each snack week.*

**Snack List Options**

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| **Fruit**  \_\_ **Citrus**: Orange or Grapefruit  \_\_ Clementines  \_\_ Grapes  \_\_ Bananas  \_\_ Berries  \_\_ Applesauce  \_\_ Whole apples  \_\_Apples ( small red or yellow)  Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Vegetable**  \_\_ Carrots: Baby Large  \_\_ Celery  \_\_ Peppers  \_\_ Cucumber  \_\_ Avocado  \_\_ Tomato  \_\_ Squash  \_\_ Peppers  Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Dairy**  \_\_Yogurt: Plain Flavored:\_\_\_\_\_\_\_\_\_\_\_  \_\_ Popcorn  \_\_ individual milk  \_\_ String cheese  \_\_Cheese Block: Cheddar, Swiss, Mozzarella  Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Miscellaneous food**  \_\_ Popsicles ( Icy )  \_\_ Jell-O cups  \_\_ Fruit snack  \_\_ Ranch dressing  \_\_  \_\_Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Crackers / Bread**  \_\_ Pita bread  \_\_ Cheese crackers  \_\_ English muffins  \_\_ Goldfish crackers | \_\_ Graham crackers \_\_ Pretzels  \_\_ Rice cakes  \_\_ Pirate’s Booty/Veggie individually packed  \_\_ Breakfast bars  \_\_ Granola bars  \_\_ Gluten free options |