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\_\_ PeppersOther:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Dairy**\_\_Yogurt: Plain Flavored:\_\_\_\_\_\_\_\_\_\_\_ \_\_ Popcorn \_\_ individual milk \_\_ String cheese \_\_Cheese Block: Cheddar, Swiss, MozzarellaOther: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **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 |