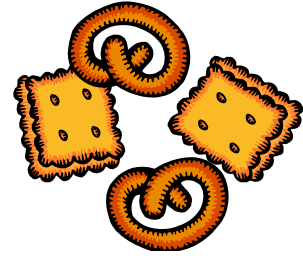


Second Grade Snack



Your brain needs energy! **Please send your child to school with a healthy snack every day.** We will eat our snack at 1:40 in the afternoon. In order for us to be active and alert learners, we need to feed our brains! Snacks are not required, but are optional for all students.

The following are examples of healthy snacks:

Granola bars

Nutri Grain bars/fruit bars

Popcorn

Pretzels

Whole grain crackers with low-fat cheese or peanut butter

Mini or regular rice cakes (fun flavors like caramel corn, cheddar, apple cinnamon)

Trail mix

Bagels (cut into halves) with peanut butter or low-fat cream cheese

Mini-muffins

Oranges (cut into quarters)

Bananas (cut into halves)

Apples (cut into quarters)

Grapes, cherries, strawberries, or other fresh fruit

Applesauce cups

Canned fruit cups (fruit cocktail, peaches, mandarin oranges)

Dried fruit (raisins, pineapple, apricots, cranberries)

Baby carrots, broccoli, cauliflower, celery sticks with low-fat dip or salad dressing

Jello pudding snack packs (100 calorie packs)

Go-GURT (portable yogurt for kids) or low-fat yogurt cups

Low-fat string cheese

If you have any other questions about snack, please contact me. Thank you!

Mrs. McHugh