

Wee Threes' 20010-2011 snack list

9/1/10

Sept. 13-17	Nothnagle (5 days)
Sept. 20-24	Bobiak (5 days—celebrate Ariana's BD on 20 th ?)
Sept. 27-Oct. 1	White (5 days)
Oct. 4-8	Woodward (5 days)
Oct. 12-15	Brennan (4 days)
Oct. 18-22	Lindsay (5 days)
Oct. 25-29	White (5 days—celebrate Aidan's BD on 29th)
Nov. 1-5	Brennan (5 days—celebrate Aiden B.'s BD on 3rd)
Nov. 8-12	Nothnagle (5 days)
Nov. 15-19	Bobiak (5 days)
Nov. 22-23	Lindsay (2 days—celebrate Mateo's BD on 23rd)
Nov. 29-Dec. 3	White (5 days)
Dec. 6-10	Woodward (5 days)
Dec. 13-17	Nothnagle (4 days—celebrate Milo's BD on 16th)
Jan. 3-7	Brennan (5 days)
Jan. 10-14	Bobiak (5 days)
Jan. 18-21	White (4 days)
Jan. 24-28	Woodward (5 days)
Jan. 31-Feb. 4	Lindsay (5 days)
Feb. 7-11	Woodward (5 days—celebrate June's BD on 10th)
Feb. 14-18	Nothnagle (5 days)
Feb 28-Mar. 4	Brennan (5 days)
Mar. 7-11	Bobiak (5 days)
Mar. 14-18	White (5 days)
Mar. 21-25	Lindsay (5 days)
Mar. 28-Apr. 1	Brennan (4 days)
Apr. 4-8	Nothnagle (5 days)
Apr. 11-15	Woodward (5 days)
April 25-29	Bobiak (5 days)
May 2-6	Lindsay (5 days)
May 9-13	White (5 days)
May 16-20	Brennan (5 days)
May 23-27	Nothnagle (5 days)
May 31-June 3	Bobiak (4 days)
June 6-10	Lindsay (4 days)

Snack:

Our classroom will work a little differently than the others. Each family will be responsible for bringing in snack for the class for one week. Snack is self serve and the parameters are the same as for the rest of the school, although for storage reasons, some food items will be more appropriate than others. On the first day of your snack week, please bring the week's supply (6 snacks/day) of healthy snacks **that are prepared and easy to keep and serve for one week**. Also please bring **one ½ gallon carton** of 1 or 2% milk (no skim). We share a tiny refrigerator with Erica, and it can not hold a gallon container or large quantities of food. Remember: snack is a "work" too—it should be filling, easy to eat, and easy to consume in a reasonable amount of time (2 children at a time, 90 minute total time is avail. for the whole class for snack). Please remember that it is only a snack and it does not need to be "exciting."

Some healthy snack suggestions:

Cheese: cheese and crackers (cut cheese into squares or cubes + 1 box of crackers which will last the week), cheese sticks, Yo-Kid yogurt six packs, pudding.

Fruit: 3 oranges cut in slices, 3 large bananas—I will cut in ½ the day they are to be used—or 6 small (green if they need to be served later in the week), 6 clementines, assorted fruit cup cut in bite size pieces, berries, applesauce, raisins (the mini individual boxes), banana bread etc. No apples—they turn brown when cut and we will have an apple coring/slicing work soon in practical life.

Vegetables: baby carrot sticks, celery sticks, sliced cucumbers, broccoli washed and cut. If you provide salad dressing for dipping (not essential) I will portion it out so that there is no "double dipping." Zucchini bread, carrot muffins, hummus w/ crackers or pita.

Grains: pretzels, 3 bagels cut in quarters (or 6 mini cut in half) w/ cream cheese—whipped cream cheese is easier for the children to spread, gold fish, crackers, breads, mini muffins, granola bars, etc. **(Please read labels carefully for nuts!)**

Misc.: sunflower seeds that are shelled and roasted (not in nut oil). Other???

NO NUTS: peanuts or tree nuts. Nothing that is packaged on machines or in a bakery that uses nuts. No almond extract or coconut etc. Check all ingredients thoroughly and bring the list of ingredients to the classroom so that I can check them. No Gogurts, grapes, or cherry/grape tomatoes—they are a choking hazard. Please consult handbook for the full policy.

Birthdays:

When your child is having a birthday, please bring in a special snack for the class: birthday cakes are too big, but cupcakes, cookies, ice cream cups etc. are fine. **Please remember the NO NUTS policy and include ingredients lists for everything (even home made or bakery bought) so that it can be served.** Also please send in 3 pictures of your child—one from his/her birth year, one from the year he/she was 1, and one from the year he/she was 2. Write a brief note on the back if the photo is not self explanatory. We will do a special celebration in the class ("the earth moves around the sun"), talk about the pictures, and have group snack. Please don't send in decorations, hats or crowns, birthday gifts etc. Birthday celebrations are for the class only—no guests or family attend and no pictures or video will be taken. Please consult handbook for the full policy.