

St David's Christian Early Learning Center  
Policy and Procedure 7.9 Attachment 2  
Guidelines for Meals and Snacks

**Snacks**

We ask that parents provide snacks for children to share during class time.

Donated snacks must be **nut-free**. Food labels stating “contains peanuts or tree nuts”, “may contain nuts”, “manufactured in a facility that processes nuts”, or “manufactured on shared equipment” **are not safe**.

**‘Regular’ snack items** should be low in sugar, contain fiber or whole grain, and have less than 35% of its calories from fat. Foods listed below are nut-free and meet nutrition recommendations for snacks:

Rold Gold Pretzels	Teddy Grahams	Barnum Animal Crackers
Nabisco Nilla Wafers	Graham Crackers	Honey Maid Graham Sticks
Ritz Crackers	Club Crackers	Wheat Thins
Goldfish	Cheeze-Its	Jello Brand Jello or Pudding
Nutrigrain Bars	Special K Bars	Microwave Popcorn (plain or buttered)
Raisins	Fresh Fruits	Fresh Vegetables
Gogurt	Danimals Yogurt	

We encourage parents to bring in a plate of fresh fruit or veggies for snack. Please arrange dates with your teacher, and plan on taking any leftovers home after class.

**‘Sometimes’ snack items** listed here are nut-free and may be provided on special days, normally not more than once a week.

Oreo Cookies	Mini Oreos	Rice Crispy Treats (original)
Hohos	Rita's Italian Ice	Fruit by the Foot
Fruit Roll-ups	Marshmallows	BettyCrocker Fruit Snacks
Popcicles	Twizzlers	Hershey Kisses
Starburst	Marshmallows	Swedish Fish
Sweet Tarts	Tootsie Rolls/Pops	Nerds
Skittles	Lollipops (read lables)	Smarties

Homemade treats such as cookies and cakes may be brought on special occasions, if the dough or mix is nut-free and care is taken to prepare the food on a clean nut-free surface.

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**Lunches**

Children who are staying through the noon hours should have a nut-free lunch in a lunch container or bag labeled with their name. Lunches which contain perishable items should have a cold pack inside, or be placed in the refrigerator in the green room by the parent.

Lunches should have an item from each of the food groups:

Dairy- Milk, yogurt, or cheese

Protein- Meat, fish, poultry, eggs, cheese

Fruits or vegetables

Grains- breads, cereals, rice, pasta, crackers

Food items should be cut into pieces that are easy for the child to handle and feed themselves easily.