

Agassiz is a completely nut-free zone!

SNACK

PLEASE READ INGREDIENTS CAREFULLY & **MAKE SURE THAT THERE IS NO WHEAT, EGG, SOY, NUTS, ORANGES, LEMONS OR A STATEMENT THAT SAYS "MAY CONTAIN TRACES OF..."**

Our new snack schedule is as follows:

MONDAY: RICE/CORN CAKES
CHEESE
FRUIT/VEG
2 gallons WATER

TUESDAY: CORN TORTILLA CHIPS/RICE CRACKERS
HUMMUS/SALSA/AVOCADOS DIP/CREAM CHEESE
FRUIT/VEG
2 gallons WATER

WEDNESDAY: RICE
GRATED CHEESE
BLACK BEANS
2 gallons WATER

THURSDAY: RICE PASTA (OR Annies mac & cheese)
Grated CHEESE
FRUIT/VEG
2 gallons WATER

FRIDAY: GRANOLA/OATIOS
YOGHURT
FRUIT/VEG
2 gallons WATER

see details below:

We're making snack a whole lot easier, and also creating a safe place for the kids with food allergies.

**Some allergies are life threatening so be absolutely sure before buying anything. Ask if you're unsure!*

Each family is required to bring snack to school about once every six weeks. Please bring snack between 8:30 and 9:00 so the parent helpers will have a chance to do any necessary preparations. It is not necessary to peel and cut fruit and vegetables. You will be serving 40 children.

Please note: this applies to snack only. Not lunch. Bring your usual lunches & birthday treats.

Snack Do's & Don'ts

DO...

- provide enough snack for 40 children

- choose natural, unprocessed, organic foods whenever possible
- if you're inspired, buy two kinds of fresh fruit or vegetables to provide variety
- choose natural, low-sugar spreads
- remain calm; it's "snack"!

DON'T...

- skimp – see quantities below
- bring any snack that is already opened
- **BUY PROCESSED FOODS, SUGAR OR CORN SYRUP, CAFFEINE OR CHOCOLATE**
- spend a fortune!

The biggest **DON'T**: NO PRODUCTS WITH WHEAT, EGGS, NUTS, SOY

SNACK SUGGESTIONS & QUANTITIES

1. Fresh Produce (what kids will eat)

Apples/Peaches/Pears/Oranges: 15-20
 Bananas: 3 large or 4 medium-sized bunches
 Carrots: 2 bags (full size carrots only)
 Celery: 2 bags
 Sugar-snap peas (1 lb)
 Corn on the cob: 1/2 cob per child
 Avocados: 8
 Mangoes/Kiwi: 8
 Melons: 3
 Watermelon: 1 large
 Peppers (green, red, orange, or yellow): 2 (& something else)
 Pineapples: 5
 Plums/Apricots: 20-25

2. Packaged Fruit

Apple Sauce: 2 jars (32oz.) all natural variety
 Raisins: 2 large tubs

3. Protein

Cheese: 2 pounds of CHEDDAR only
 String cheese
 Cream cheese: 2 tubs (not *LIGHT*)
 Hummus: 2 tubs 16oz
 Yogurt: 4 large containers (32 oz.) 2 plain & 2 vanilla only

4. Carbohydrates

Green Mountain Gringo CORN Tortilla Chips: 4 bags
 "Oatio's"/Trader Joe's O's: 2 boxes
 Granola (Arrowhead Mills Breadshop Organic Vermont Maple): 3 boxes
 Rice cakes: 4 packages (plain or lightly salted)
 Mini rice cakes: 4 packages (plain)
 Rice crackers: 4 packets (no soy sauce)

Rice Pasta: 3 packets Annie's mac & cheese
Rice: 1 packet brown & white

5. Sauces/Dips/Spreads

Guacamole without lemon: 24 oz.
Mild Salsa: 32 oz.
Natural Veggie Dip: 24 oz.
Fruit Spread: one 18oz jar

JUICE AND WATER: At Agassiz, we encourage kids to drink water (at least 2 gallons a day) and generally serve water when children are thirsty. We do not serve juice or chocolate milk.

BIRTHDAYS: Nut-free regular cupcakes or cake or banana bread (low on icing), fruit popsicles (as usual).

LUNCHES: whatever you like, no nuts!