



MONTESSORI CHILDREN'S HOUSE OF PEORIA

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MCHP Classroom Snack List

The following items are the approved snacks for our classrooms. Whenever possible, consider sending snacks in which a small amount of preparation (washing, some slicing, etc.) can be done by the children in the class, thus enriching their Practical Life experience. *Upper Elementary* parents might even consider sending in ingredients for a *simple* dish or baked item along with a recipe that the children can prepare.

Accepted Snacks:

Fruits -

apples, bananas, grapes, berries, peaches, plums, oranges, tangerines, clementines, kiwi, pineapple, mango, raisins, dried apricots, dates, cherries, plums, strawberries

Vegetables -

carrots (whole, not "baby"), celery, snap peas, snow peas, summer squash, cucumbers, bell peppers, broccoli, cauliflower, grape or cherry tomatoes

Cheerios

Bagel chips (without special flavoring)

Plain crackers

Flour tortillas, baked tortilla chips, flat bread, etc.

Graham crackers

Low- or no-salt pretzels

Cheese cubes

Rice cakes (unflavored, please)

Craisins

Home-baked muffins, breads, granola, etc. (Anything homemade should include an ingredient list, please!)

Please, NONE of the following:

Goldfish crackers

Highly process foods, such as packaged cheese and crackers

Teddy Grahams

Animal crackers

Anything with high fructose corn syrup as an ingredient

Peanuts, peanut butter, or anything with peanut butter as an ingredient