Snack Menu

	AM Snack	PM Snack
Monday	Cheese & Saltine Crackers	Sliced Peaches & Choice of Crackers
Tuesday	Peanut Butter & Ritz Crackers	Wheat Thins & Mandarin Oranges
Wednesday	Fig Newton's or Nilla Wafers	Fruit Cocktail & Choice of Crackers
Thursday	Applesauce or Yogurt	Sliced Pears & Choice of Crackers
Friday	Graham Crackers & Raisins	Pineapple Chunks & Pretzels

Milk served with am snack. Juice served with pm snack. **Parent's supply child's lunch beverage**. Soda is not allowed.

Juices served: Apple juice, white grape juice, orange juice, pink lemonade & lemonade.

Special diet requirements need to be reported to the office so individual needs can be met.

FOOD ALLERGIES MUST BE REPORTED TO OFFICE PERSONNEL

Good nutrition is an essential ingredient to a child's well being. A child develops lifelong habits as a result of early eating experiences. So with keeping this in mind we would like you to know the nutritional requirements of children and how to provide a nutritious diet.

Parents will supply a nutritious daily lunch for their child. The center is equipped with microwaves for heated lunches and refrigerators to keep chilled products. Creative World does not cook lunches - only quick heat-ups with the microwaves.

Healthy lunches include: dairy products, sandwiches, fruit, vegetable, milk, meat or even leftover meals. One snack is acceptable. Sugars and candy treats should be kept as special at home treats.

Some Classrooms are strictly peanut-free due to severe allergies and we require no peanut or peanut products allowed in these rooms.

We suggest that you follow the attached feeding guidelines for good nutrition.