

Morning Snack *Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday
cucumber	grape tomatoes	cooked baby carrots	sweet potato spears	edamame or peas
strawberries	pineapple	bananas	satsumas or clementines	peaches
pumpkin seeds	pumpkin seeds	sunflower seeds	sunflower seeds	

About Our Snack

Snack meets most allergy and dietary restrictions by being vegan, grain-free, and nut-free. We focus on the food group that most children do not get enough of: fruits and vegetables. Each day's snack includes a fruit, a vegetable, and a good source of protein. These snack items were also chosen because they are easy for very small children to chew and are not commonly choked on.

What if my child does not like the snack?

Frequent exposure is necessary for children to start liking a new food. We always serve the vegetable course first. If children don't like what's being served, they can wait for the next course. Usually, they will try and eventually start to like all the snack foods. In the short run, if children refuse the snack, they will make up the calories somewhere else in their day. Adults who trust that children *can* learn to like all foods and *are* growing normally will raise healthy eaters. Repetition, patience, and confidence are key. With these things in mind, we do not provide substitutions.

Is snack fresh? Is it organic?

The edamame and peaches are purchased frozen, all other items are usually fresh. We never serve canned fruits or vegetables. The strawberries, tomatoes, carrots, and cucumbers are usually organic.