

# EDUCARE 2025-2026

# SCHOOL SNACK

# GUIDANCE

***Parents must provide snack and juice/water.***

*We will update parents on any allergy restrictions at open house.*

**What to AVOID:**  
Dyes & Added sugars

## Approved Snack Suggestions:

- *Cheese sticks*
- *Apple sauce*
- *Goldfish*
- *Raw veggies: pre-cut*
- *Fruit: pre-sliced and peeled*
- *Water*
- *Labeled water bottle/cup*
- *Yogurt*
- *Popcorn*
- *Fruit cups in 100% juice*
- *Pretzels*
- *Animal crackers*
- *Apple slices*
- *Raisins*

