

Snack List for Wee Lambs Preschool

Wee Lambs Preschool is providing a snack list of healthy snacks that you may bring to preschool for snacks. We are asking your help with this as we are providing a list of approved snacks that we feel would be beneficial to the child. All snacks need to be store bought a regulation from State of Nebraska.

Preschool will provide the water for drink.

Healthy Snack List

Fruits(washed)

Apples or Applesauce
Bananas
Blueberries
Grapes (red, green or purple)
Oranges
Peaches
Pears
Pineapple
Plums
Strawberries
Raisins or Dried Fruit

Dairy

Cheese
Yogurt

Vegetables

Carrots
Cucumbers
Cauliflower
Broccoli
Celery Sticks
Peppers (red, green or yellow)
Snap Peas

Healthy Grains

Cheerios, Kix or Life Cereal
Popcorn
Rice Cakes
Graham Crackers
Animal Crackers...unfrosted
Pretzels

Birthday Treats

Unfrosted Cookies
Individual Cups of Pudding
Individual Cups of Ice Cream