



# Montessori School at Lone Tree Snack Program



In the Montessori classroom, snack is part of the morning & afternoon work cycles. We ask our families to participate in the process. It is an opportunity to have your children participate as well (helping shop, select and prepare the snack). Please bring enough for 50/day.

**Here are some Peanut Free snack ideas for you:**

## **Carbs**

Graham crackers  
Tortillas, wraps or quesadillas  
Small sandwiches on bagels or whole grain bread  
Mini rice cakes  
Nutritious mini muffins  
Whole grain cereal  
Granola or cereal bars  
Pretzels  
Pasta salad  
Trail mix (NO nuts)

## **Dairy**

Cheese - cut into shapes  
String cheese  
Cottage cheese & fruit  
Cream cheese & jam sandwiches  
Yogurt with fruit  
Yogurt tubes  
Frozen smoothies

## **Meats/Proteins**

Lunch meat roll-ups  
Hummus w/ veggies or pitas to dip  
Hard boiled eggs

## **Fruits**

Strawberries  
Raspberries  
Blueberries  
Blackberries  
Pitted Cherries  
Cantaloupe  
Honeydew melon  
Grapes  
Oranges  
Bananas  
Apples  
Pears  
Peaches  
Nectarines  
Plums  
Pineapple  
Kiwi  
Applesauce  
Raisins  
Craisins  
Dried fruits  
Tomatoes - cherry or grape

## **Veggies**

Cucumber  
Celery  
Sugar snap peas  
Broccoli  
Baby carrots  
Sweet peppers

