



**Snack Week Calendar 2017-2018 (1<sup>st</sup> half of the year)**

Week	Child	Week	Child	Week	Child
2/05/2018	Ava	4/02/2018	Emma Jean	5/21/2018	Layla
2/12/2018	Delilah	4/09/2018	Evelyn	5/28/2018	Liam
2/19/2018	Amalie	4/16/2018	Fox	6/04/2018	Lucia
2/26/2018	D.J.	4/23/2018	Henry	6/11/2018	Max Y.
3/05/2018	Walter	4/30/2018	Isaac	6/18/2018	Mia
3/19/2018	Zachary	5/07/2018	Julius	6/25/2018	Miles
3/26/2018	Cameron	5/14/2018	Kelby	7/02/2018	Riley

**What is needed for Snack Week?**

**Foods**

- 5 Fruits
- 5 Carbohydrates
- 5 Proteins
- 5 Dairy

**Drinks**

- 2 Gallons of Milk
- 3 Gallons of Juice  
(or bring fruits and veggies to juice fresh at the school)

**Fruits**

Apples  
Bananas  
Blueberries  
Raspberries  
Blackberries  
Peaches  
Pears  
Cantaloupes  
Watermelons  
Grapes (we cut them)  
Clementines  
Kiwis  
Oranges

**Beverages**

Whole Milk  
Dole Orange/Strawberry/Bana  
Dole Pineapple/orange/Banana  
Dole Pineapple/orange  
Dole Orange/Peach/Mango  
Orange juice

Apple juice

**Veggies**

Baby Carrots  
Cucumbers  
Cherry Tomatoes

**Fruits & Veggies for Juicing**

Large bag of carrots  
Large bag of oranges  
Melons  
Pineapples  
Large bag of apples  
Large bag of pears

**Carbohydrates**

Gold fish  
Granola bars  
Granola (sprinkle on yogurt)  
Tortillas (roll-up with cream cheese or peanut butter)  
Pita chips  
Cereal box

Loaf of Bread (mini-sandwich)

Box of Veggie Crackers

**Protein/Dairy**

String cheese  
Block cheese  
Hummus  
Cream cheese  
Lunch meat  
Large tub of yogurt  
Peanut butter  
Almond butter  
Cashew butter  
Cashews  
Honey roasted peanuts

**If you are able to purchase organic remember that the thin skin items are the ones that are most beneficial (i.e. strawberries, grapes, peaches, etc.)**



## Snack Week FAQs

- **If it's my snack week, when do I bring the snacks?**  
It is preferred that you bring your snacks early Monday morning on the week that you are assigned; please remember that the school is open at 7:15
- **Can I bake some of the items?**  
Absolutely! There's nothing like a little love from the family to come to school with the children- not to mention the children will be so proud of their contribution to snack week
- **Do I need to cut/prepare the fruits and veggies?**  
Not at all! Please bring everything in grocery bags and we will do the rest
- **Do I need to worry about any children with food allergies?**  
We have a student who is allergic to peanuts if digested, a child who is possibly allergic to all shelled nuts, a child allergic to eggs if eaten by itself or not baked into something, and a few children allergic to milk. Peanut butter alternatives such as WOW Butter work out splendidly as an option. Milk alternatives are good to bring such as a carton of almond milk, as well as regular milk. Milk based items such as yogurt and cheese are cleared to bring, because children who are sensitive to such items can be offered alternatives as needed.
- **How much does snack week cost on average?**  
Snack week can cost close to a minimum of \$150 for items. This generally depends on if you are buying products that are in season, organic vs. in-organic, etc. The best way to gauge how much to buy, is to think of approximately 45 servings with enough to offer a small serving of a protein, a fruit/veggie, and a carb on a plate to be offered as a snack for all of the children each day of the week. So, this will be three food groups offered at a time for five days.
- **Is it a requirement to purchase organic items?**  
Absolutely not, please bring what you can afford. We understand that everyone has a different budget- please bring what you know your child and other children would enjoy.
- **Can you bring super sugary items?**  
It is preferred that you do not bring items that are heavily processed with high fructose corn syrup (i.e. fruit snacks, some cereals, etc.). Soy, artificial sweeteners, items with high amounts of food coloring and preservatives are strongly suggested not to use for the children as well. Some items such as juice will say claim to have less sugar, or no sugar, yet they add artificial sweeteners to make up for the taste. So please read labels.
- **Do you have any guidelines on snack week?**  
Have fun with it and incorporate your child- ask them what their favorite items are on the snack table and use that as your guide. The children are always so proud when it's their



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snack week! They will tell all of their friend's stories about how you choose what you decided to bring and why it's their favorite snack.

The Gift Economy in Action

horticulture

music

giving

language

learning