



Snack Week Calendar 2017-2018 (1st 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