Preschool Snack List Suggestions

Please send your child with ONE snack each day and a water bottle. It must be nut-free.

List of approved snacks:
Rold Gold Pretzels
Herr's Regular Popcorn
Nabisco Brand: Dora and Clifford Graham crackers, Teddy Grahams (all flavors), Honey Maid Graham Crackers/Sticks, Barnum's Animal Crackers, Nilla Wafers, Cheese Nips, and Wheat Thins.
Keebler Town House
Pepperidge Farms Goldfish – Cheddar, Original, Parmesan, Pretzel, and Pizza.
Kellogg's Nutri Grain Cereal Bars and Rice Krispies Treats (original only)
String Cheese
Pirate's Booty and Skinny Pop
Breyers, Dannon, Yoplait, La Yogurt, Silk, Yoplait Go-GURT. *Yogurt must be provided with spoons if not Go-GURT*
Mott's and Musselman Applesauce with spoons
Snyder's Veggie Chips, Corn-tillas, Nibblers, Cheddar Popcorn, and Wheat Sticks.
Fruits and Vegetables

Other snacks can be provided, but will be checked to make sure that they are nut-free. If you have questions about snacks, please contact Emmy at ebutler@rmparks.org.

Rolling Meadows Park District
PRESCHOOL