

Shared Snack Program - Guidelines and Ideas

Each week, we ask a few parents from each class to bring snack for all of the children. Having a community snack allows the children to learn manners, share snack with a special friend, be responsible for his/her own food and to clean up for themselves when finished. It also allows for Montessori to be done in a small part at home. Children are involved in choosing snacks to share with their peers. It helps to bridge the home-school gap in that way.

Please bring snacks for **25 students per day** for each day that your child attends RMA during the week. Some parents prefer to bring the snacks for the entire week on the first day; however, you may bring the snacks in daily if you wish. Do not worry about bringing in drinks. We serve water with snack (and water or milk for lunch).

According to the State Health Department, we cannot have things prepared at home for snack i.e muffins, breads, cookies, etc (Birthday treats are an exception)

This year, we asked parent, Brigitte Boyd (Quincy's Mom), who is a professional nutritionalist to help out with our ideas for snack and for lunches for our students. Thanks Brigitte!

Snack Suggestions:

- Block Cheese or cheese sticks
- Fruits in season
- Veggies with ranch dip (carrots, celery, cucumbers...)
- Loaf of bread, fruit muffins, small rice cakes, raisin bread
- Cereal (please no sugary cereal)
- Granola bars or Nutrigrain bars
- Quart size containers of yogurt (please no individual containers)
- Healthy crackers
- Hummus
- Low-fat cottage cheese
- Whole wheat english muffins with low fat cream cheese
- Graham crackers
- Mini-bagels or pitas
- Trail-mix (whole-grain cereal, dried fruit, seeds)
- Unflavored popcorn

Ideas for Building a Healthy Lunch:

Good lunches provide carbohydrates, protein, fiber, and some healthy fat. Foods like vegetables, fruits, whole grains, low-fat dairy, and lean protein foods contain the nutrients needed to build a healthy lunch. Pick from all food groups. Below are some budget-friendly, creative ideas. Remember RMA provides reduced fat milk (2%) with lunch. Milk provides calcium and other essential nutrients. Whenever possible choose whole fruits (canned, fresh, or frozen) over juice as a healthy option in your child's lunch. Whole fruit (not juice) provides fiber and less sugar which contributes to a feeling of fullness that helps keep your child satisfied throughout the day.

Main Fare (protein- meat, fish, beans, eggs, nuts/seeds, tofu, hummus, cheese)

- Whole-wheat tortilla wraps/roll-ups with choice of filling
- Sandwich skewers- meat, cheese, bread, and vegetable chunks
- Mini-bagels or pita pockets with filling/topping of child's choice
- Hard boiled eggs
- Soups/Chili
- Meatballs
- Leftovers
- Whole-wheat pasta with tomato sauce
- Baked beans, bean casserole or beans & rice
- Chicken/tuna salad
- Home-made burritos
- Quesadilla

Fruits:

- Apple or pear slices
- Applesauce
- Berries
- Grapes
- Banana
- Melon
- Pineapple chunks
- Orange slices
- Canned fruit packed in light syrup or 100% juice

Vegetables:

- Choose vegetables like tomatoes, sweet potatoes, bell peppers, broccoli, carrots, edamame, cucumber, green beans, cauliflower, peas, or corn

- Ants on a log: celery, cucumber, or carrot sticks as the log and add peanut butter and dried fruit
- Kids love to dip their foods. Dips for veggies include plain yogurt and seasonings such as herbs or garlic, guacamole, hummus, ranch, marinara sauce, or bean dip.
- Select fresh, frozen or canned veggies over vegetable-style chips (contain added salt and fat)

Whole Grains:

- brown rice, quinoa, whole-grain pastas, breads, tortillas and crackers

Eating a healthy lunch is essential for your child to be successful for the rest of the day. Thank you for your help! Please remember that we do not allow juice through the day. If your child does have juice in his/her lunch, the teachers will return it to you in your child's lunch box. We supply milk or water for each child. If your child needs special milk due to an allergy, please provide us with the milk. We will label it with your child's name and store it in the fridges in the kitchen.

If you have any questions, please don't hesitate to ask!