



**Little Lambs**  
of Lord & Savior Preschool  
9300 Ridgfield Road  
Crystal Lake, IL 60012  
Director Patricia Vanderheyden (815) 261-8022



## ACCEPTABLE SNACK LIST

- Crackers (Ritz, Goldfish, Cheese, Saltines)
- Graham Crackers and Teddy Grahams
- Pretzels
- Popcorn
- Baked chips with salsa
- Rice Cakes
- Raw vegetable sticks/slices with low-fat dressing
- Granola bars or fruit breakfast bars
- Mini cereal boxes with milk
- Muffins (mini size)
- Mini Bagels
- Tortillas
- Breadsticks
- Fat-free or low-fat flavored yogurt
- Fat-free or low-fat pudding cups
- Frozen fruit pops with 100% fruit juice
- Frozen Go-Gurt
- Jell-O cups
- Single Serving Applesauce cups or fruit cups
- Fresh Fruit (bananas, bag of small apples)
- Cheese (cheese sticks and cheese slices)

### \*\*\*IMPORTANT\*\*\*

- We are **PEANUT FREE!** Please read all labels to be sure they do not contain peanuts or peanut oils. Absolutely no peanut butter.
- All packages must store bought, unopened or individually wrapped.
- Please bring in juice with your snack, 64 oz. or 2 quarts is enough for the day.