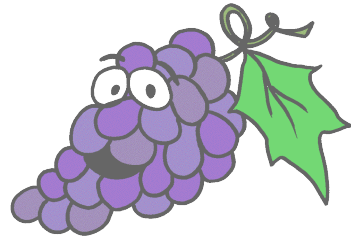


Dear K-2<sup>nd</sup> Grade Parents,

I have taken the liberty of assigning weekly responsibility. I will rotate through all the names on the class roster in order to be fair to all families. If you have a problem with the date you have been assigned, please switch with another person on the list and tell your snack parent

When bringing snack, please avoid bringing food with nuts. If you need some healthy snack ideas, here are some suggestions:

sliced, washed apples, oranges, bananas or melons  
fresh, washed strawberries, blueberries or grapes  
whole-grain crackers (like Wheat Thins)  
rice or corn cakes  
low-fat mozzarella cheese sticks  
raisins, dried fruits  
fruit rolls, fruit leather  
mini bagels  
yogurt – individual squeeze tubes  
wedges of whole-wheat cinnamon raisin bread  
healthy cereal, dried fruit mixture  
whole grain cereal like Cheerios  
popcorn (light)  
low-sugar oatmeal granola bars  
whole-wheat pretzels (low-salt are best)



Thank you for your help—kids LOVE their snacks!!

Crysta Wray  
(408) 873.8524  
K-2nd@pbcc.org