

## SERENDIPITY PRE-KINDERGARTEN SNACK & DRINK SCHEDULE

MONTH: October

CLASS: Chickadees

The Serendipity snack program is explained in the Parent Handbook.

Please note: Snacks are to be packaged, cut and ready to serve.

**The following food items are strictly NOT ALLOWED:**

**Allergy alert: all nuts (incl. peanut butter, peanut oil, coconut) and eggs.**

**Please try to avoid strawberries as well please.**

Birthdays are "party" snack days. Cupcakes are great. No pop, please!

If you have any questions, please speak to your teacher  
or email [serendipityokotoks@gmail.com](mailto:serendipityokotoks@gmail.com)

Tips:

- If you bring a snack that needs cutlery, please note that you will need to provide them.
- In your snack quantity please do not forget to include the teacher and assistants.
- Drinks are also required; juice (fruit exchange), water or milk (dairy exchange)

Examples: (Please refer to Canada's Food Guide)

- Milk products (yogurt, pudding, cheese, etc..)
- Grain products (muffins, bread, bagels, crackers, etc...)
- Vegetables (carrots, cucumbers, celery, etc...)
- Fruit (bananas, apples, pears, juice, etc...)
- Meat (Turkey bites, cheese)

TUESDAY	THURSDAY
Harper Grain/Vegetable	Grayson Milk/Fruit
Hayden Meat/Grain	Devonee Vegetable/Milk
John Fruit/Meat	Bowie Grain/milk
Maxwell Fruit/Vegetable	Burke Meat/Milk