

## SERENDIPITY PRE-KINDERGARTEN SNACK & DRINK SCHEDULE

MONTH: October  
 CLASS: Meerkats

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.**

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)

| MONDAY   | WEDNESDAY                      |
|--|--------------------------------|
| Sam<br>4<br>Grain/Vegetable  | Liv<br>6<br>Milk/Fruit         |
| <br>11<br>No School | Peyton<br>13<br>Vegetable/Milk |
| Emily<br>18<br>Fruit/Meat  | Liv<br>20<br>Grain/milk        |
| Sam<br>25<br>Fruit/Vegetable   | Avery<br>27<br>Meat/Milk       |
|  |                                |