

SERENDIPITY PRE-KINDERGARTEN SNACK & DRINK SCHEDULE

MONTH: October
 CLASS: Bluebirds

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.
 NO GRAPEFRUIT OR POMEGRANITE 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

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
Charlie 5 Grain/Vegetable	Remi 7 Milk/Fruit
Elliott/Phoebe 12 Meat/Grain	Lincoln 14 
Lukah 19 	Clara 21 Grain/milk
Bennett 26 	Sully 28 Meat/Milk