

Lake Street School Approved Snack List 2014-2015

The Vernon Wellness Committee has set guidelines for all town elementary schools in order to encourage healthy snacks for the students. Adjustments to their guidelines are made on a building by building basis due to specific food allergies. Lake Street School's policy is to maintain consistency within a grade level.

Fresh fruits and vegetables
Dried fruits such as raisins
Applesauce, canned fruits and vegetables
Cheese, Cottage Cheese
Cheerios, **plain only**
Pretzels, **plain only**
Yogurt, Yogurt with fruit
Popcorn, **plain only**
Crackers
Rice Cakes
Turkey, **plain only**
Ham, **plain only**
Juice Boxes (must be 100% real juice)
Water

Due to the number of tree nut/peanut allergies we have not included tree nuts/peanuts/peanut butter on the snack list.

The School Wellness Council also supports "food free" birthday celebrations.

A student's birthday is a special day and each class will choose activities to recognize this important day. **We ask that parents not send in food for their child's birthday.**

Please read the manufacturer's label and be sure your selection is not from a factory that processes nuts or peanuts.

THIS POLICY DOES NOT AFFECT STUDENTS' LUNCHES. STUDENTS WILL BE ABLE TO EAT PEANUT BUTTER, CONSUME DAIRY PRODUCTS, DRINK MILK, AND EAT WHATEVER YOU CHOOSE DURING LUNCH.

Thank you for your cooperation in this matter.
06/16/14