



## **WILLOW CREEK COOPERATIVE PRESCHOOL**

36660 Cherry Hill ♦ Westland, MI 48185 ♦ (734) 326-0078

### **SNACK LIST**

Please note that Willow Creek Cooperative Preschool has adopted a *peanut-free* snack policy.

Please do not bring anything to the school that contains peanuts.

Check package labels very carefully to ensure that there are no peanuts listed in the ingredients.

#### **ACCEPTABLE SNACKS**

Bananas - Cut into quarters or halves with peel on for convenience  
Apples and Pears – Sliced into wedges  
Melons and Cantaloupe – Cubed or use a melon baller for fun shapes  
Berries - Serve as is!  
Oranges – Wedges  
Grapes - Cut in quarters or halves  
Plums, Peaches and Nectarines - Pitted and cut in half  
Sugar Snap Peas – Serve as is!  
Broccoli – Cut into small florets  
Cucumbers – Sliced  
Cherry tomatoes – Cut in half  
Applesauce  
Dried fruits - raisins, apricots, etc.

#### **Bread and Grains:**

Whole Wheat Crackers or Pretzels  
Whole Wheat Breads  
Pita Bread  
Tortillas  
Fruit or Vegetable Muffins  
Granola Bars  
Breads – banana, zucchini (no nuts)  
Cereal – Whole grain

#### **Protein**

Low fat yogurt  
Cheese sticks  
Slices of Cheese

#### **ACCEPTABLE DRINKS**

100% Fruit Juice: White Grape, Orange, Apple  
Low fat milk

#### **NON-ACCEPTABLE DRINKS**

**NO** “color” drinks (blue juice in milk jug, etc.)  
**NO** red or grape juices  
**NO** Hi-C or Kool-Aid  
**NO** pop

#### **NON-ACCEPTABLE SNACKS**

Candy  
Fruit snacks, fruit rollups, Yogo snacks  
-these are not fruit -- they are fruit flavored sugar  
Nuts of any sort, peanut butter snacks  
Cookies

#### **Suggested Serving Size (PER STUDENT):**

Vegetable: ¼ cup  
Fruit: ½ piece whole fruit  
Bread and Grains: ½ slice of bread, 1 small muffin, 4 crackers, 1/3 cup dried cereal (whole grain),  
Protein: ½ cup yogurt, ¾ ounce of cheese  
Milk/Juice: 1 jug/container per class

Your child’s birthday celebration and holiday parties are an exception of the standard snack list. Special treats can be brought in for these special days. (i.e. cupcakes for birthdays, etc.)

***If you would like to bring a snack not mentioned above, please check with the teacher. It is important that we all follow the WCCP snack list.***