



## Morning Snacks for Our Middle Schoolers

Greetings to our parents:

After observing students who've seemed to "run out of steam" during morning hours at school, the middle school team has decided to allow our students to enjoy a healthy snack in the mid-morning. Hopefully this will give them an extra boost until it is time for lunch at 12:15 P.M.

The following guidelines have been carefully established by the staff to align with the Diocese of Des Moines School Nutrition and Physical Activity Wellness Policy. All students are to follow these guidelines or they will not be allowed to participate in this activity,

- **We must be very careful and aware of children with food allergies- so the NO's are absolutes.**
- **Please take note of labels on food packages—there can be NO foods produced around peanuts and other nuts brought in for snacks. That also means NO chocolate of any kind.**
- **Snacks need to be single serving size.**
- **Students bring their own snack, and NO sharing with others.**
- **Stick to the snacks on the list below.**

### Healthy Morning Snacks

Cereal (w/o nuts)	pretzels
Teddy Grahams	granola, fruit, or yogurt bars
plain Club, Ritz or whole grain crackers	yogurt
fresh fruit	canned fruit
animal crackers	string cheese or other cheeses

**water is okay anytime**

Morning snacks will begin in the middle school on Monday, October 15, 2007.

Thank you for your support,  
Middle School Teachers