



Morning Snacks for Our Middle Schoolers

Greetings to our students/parents:

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.**

Healthy Morning Snacks

Cereal (w/o nuts)
Teddy Grahams
plain Club, Ritz or whole grain crackers
fresh fruit
animal crackers

pretzels
granola, fruit, or yogurt bars
yogurt
canned fruit
string cheese or other cheeses

Thank you for your support,
Middle School Teachers