

***** Westmount Ave P.S. is a nut controlled school *****
 (please do not send peanut butter or WOW butter)

SUGGESTIONS FOR HEALTHY SNACKS

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| <ul style="list-style-type: none"> ● fresh fruit – already cut and peeled (if desired) ● dried fruit ● fruit cup ● bagel ● apple sauce ● bread sticks ● celery with cheese ● sandwich (no peanut butter or WOW butter) ● milk or juice (no pop please) | <ul style="list-style-type: none"> ● cereal (not sugar coated) ● cheese / crackers ● muffins ● pita bread ● raw vegetables (with or without dip) ● pizza ● yogurt ● sliced meats |
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THE BALANCED DAY

8:30 to 10:10	Block 1
10:10 to 10:50	Nutritional Break
10:50 to 12:30	Block 2
12:30 to 1:10	Nutritional Break
1:10 to 2:50	Block 3

As indicated in the schedule above, your child has two nutritional breaks during the school day. This is sometimes confusing to the students at the beginning of the year as they are not sure what they should be eating and when. You may want to try one of the tips listed below to assist your child in knowing what to eat during each of their nutritional breaks. Have two special zip log bags, containers, or use stickers to help your child recognize what he/she should be eating at each nutrition break.

Suggestions for packing for Nutrition breaks

Freezer Bag / Container 1

- Half sandwich / thermos
- Granola Bar
- Apple slices
- Water

Freezer Bag / Container 2

- Half sandwich / thermos
- Carrot sticks
- Fruit snack
- Drink box