



SNACK ATTACK

4th grade students are allowed to bring a snack into school everyday. Healthy foods fuel the brain for learning and provide energy throughout the school day. Your student may bring in dry, healthy, and non-messy snacks with a water bottle/thermos (no juice allowed). We will be having a working snack time, so a quick and easy snack is the best way to go! Please avoid bringing things in that require utensils, peeling, or cause a liquid mess. Here are some options for appropriate snacks:

FRUIT SNACKS
DRY CEREAL
GRANOLA BARS
APPLE
BANANA
CUT UP FRUIT
100 CALORIES SNACKS

Please note: If a student forgets to bring in a snack or chooses not to they will be unable to share snacks with friends. ☺