

LAMB'S WORKSHOP SNACK POLICY

Revised: August 26, 2020

Dear Parents: Lamb's is a nut free school. Our goal is to make snack time a healthy and allergen-safe part of your child's school experience. Our hope is to make snack preparation easy and economical. We will provide plates, napkins, utensils, and water for the students. Please pack your child's snack in disposable bags, such as zip locks, or single use containers. **Do not send reusable containers at this time.**

When preparing your child's fruit/veggie snack, be mindful of any cross contamination of nut products, such as peanut butter, in your kitchen.

Our snack policy includes two basic food groups:

1. A type- or brand-specified carbohydrate.
2. A fruit or veggie selected at the discretion of the parent.



In addition to these two food groups, there is an optional add-on if desired.

CARBOHYDRATE Pick 1	PLUS +	FRUIT OR VEGGIE Pick 1	OPTIONAL ADD ONS (If desired)
<i>Cheerios/Kix</i> (original and berry flavored)	Any fresh fruit washed and prepared. Fruit examples: halved grapes, banana, apple or pear slices, berries, watermelon cubes.		Hummus (nut-free variety)
<i>Honey Maid</i> Graham Crackers (any shape)			Pepperoni (any brand)
<i>Pepperidge Farm</i> Goldfish (any flavor or pretzel thins)			Sunbutter
<i>Tostitos</i> brand tortilla chips (<i>not flavored</i>)			Salsa (any brand)
	Any fresh vegetable washed and prepared. Veggie examples: baby carrots, cucumber slices, sugar snap peas.		Cream Cheese (any brand)
<i>Nabisco</i> Triscuit/WheatThin Crackers (<i>original flavor only</i>)			Cheese (any brand)
<i>Nabisco</i> Ritz Crackers (<u>not</u> Ritz Bitz)			Guacamole
<i>Rold Gold</i> Pretzels	Applesauce (unsweetened – any brand)		
<i>Sunshine</i> Cheez-its	Canned fruit, drained (not individual snack cups)		
<i>Fig Newtons</i> (<i>original, strawberry, raspberry</i>)	Raisins or Craisins (<i>any brand</i>)		
<i>Enjoy Life</i> soft baked chewy bars			
<i>Nature's Bakery</i> Fig Bars			
<i>Popcorner</i> Popped Chips	*Reminder, grapes must be		
<i>Stacy's</i> Pita Chips (original or multigrain)	cut in half! *		



Birthday Snack Option



On your child's special day, you are welcome to send in festive prepackaged plates and napkins to share with the class.

In addition, if you would like to provide a special birthday treat to share with the class, you can send either Kellogg's Rice Krispie Treats, or Nestle Outshine Frozen Fruit Bars. Please be sure to send enough for the entire class.

Please keep in mind that this is optional!

Please shop only from this list and purchase only the choices and brands specified.

It is important to note that it is not possible for Lamb's to completely eliminate the risk of your children coming into contact with an allergen. However, the administration and faculty here at The Lamb's Workshop will do all we can to keep your children safe while feeling accepted and loved.

As always, don't hesitate to contact the school office if you have any questions.

Thank you for helping make snack time an enjoyable part of the school day here at The Lamb's Workshop!