



MONTESSORI ONE PRESCHOOL ACADEMY

Address: 9360 Holly Avenue, NE, Albuquerque, New Mexico 87122

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SUGGESTED SNACK LIST

FRUITS

***fresh is best, organic if possible**

Apples
Oranges
Tangerines
Nectarines
Bananas
Grapes
Kiwi
Peaches
Pears
Strawberries
Blueberries
Raspberries
Blackberries
Mango
Cantaloupe
Honeydew
Watermelon
Raisins

VEGETABLES

Carrots
Bell peppers
Mushrooms
Cherry or grape tomatoes
Broccoli
Celery

MISCELLANEOUS

Low fat vegetable dip
Cream cheese
Hummus
Mild salsa
Fruit spread, no sugar added
Apple butter

GRAINS

***low fat, low sugar, low sodium, whole grain if possible**

Whole wheat bread
Whole wheat crackers
Bagels
English muffins
Baked Tortilla chips
Pita bread
Melba toast
Whole grain, low sugar cereal
Rice cakes (Unflavored)

DAIRY

Low fat cheese
Yogurt, low fat, unsweetened, no artificial sweetener

Choose two things to bring for example fruit and yogurt, crackers and cheese, veggies and dip. Remember you only need to bring enough for one classroom – rule of thumb is 25 students. Bring one gallon of milk (Under age two, whole milk ONLY, over age two, 2% milk preferred). **Please remember that snacks should not contain any nut products. We also ask that you provide snacks in their original packages.** If you have any questions please feel free to ask.