

POWER SNACK



Dear Parents,

Studies have shown that when students eat a good breakfast in the morning, they do better in school. I realize that some students have difficulty eating a good breakfast due to lack of time or lack of hunger early in the morning. Even those who do eat breakfast are eating early and we don't eat lunch until eleven. That is a long time to go without anything to eat! So, I would like to have a short **power snack** in the morning. The snacks need to be low-fat, healthy, foods that can be eaten quickly and without much mess. No cakes, cookies, candy or brownies please! Here are a few examples of some great snacks.

apples
carrot sticks
popcorn
low-fat chips
crackers
cheese
raisins

dried fruits
animal crackers
100 calorie packs
graham crackers
pretzels
grapes
dry cereal

If you would like to contribute extra snacks for the students that forget to bring one, we have a snack basket and would be grateful for any extras. Thanks for helping us provide a power snack.

Mrs. Finch