

Cornerstone Elementary Optional Snack List

Cornerstone teachers and staff encourage all students to eat a healthy breakfast before starting the school day. Some classrooms will have a scheduled snack time if they have lunch earlier or later during the school day. Please check with your child's teacher to find out if their classroom has a "snack time."

CSE encourages snacks that are nutritional and not messy. We have many students at CSE with **life threatening food allergies to peanuts and nuts, we do NOT allow peanut or any nut products in the classrooms.** Please check the ingredients on the snack to make sure that peanuts or any nuts are not in the snack. Please note that many products have cross-contamination with nuts because they share the same machinery with nut products. (Your child can eat these products in the cafeteria during their lunch period.)

If your child has a food allergy, please alert the school nurse immediately and the classroom teacher so we can take appropriate precautions in the classroom to address the specific food allergy.

I have included a list of easy school snacks; you may choose one off this list or bring something else if it does not contain nut products.

Fresh Fruit	popcorn	Lunch meat/ cheese cubes
Fresh Vegetables	Sun chips	Squeezable apple sauce
Dried fruit	pretzels	Goldfish

Water will be the only drink allowed in the classroom. Please know that snacks are not required. This is an option for students. Some classes and grade levels may opt out of allowing snacks in the room. Please check with your child's teacher regarding their snack procedures. Because of food allergies and health reasons, students are NOT allowed to share snacks or food.

Thank you for your support and happy, snacking!

Dr. Alexis Prudhomme

CSE Principal